VEGETARIAN AND SIMPLE DIET

Col. A. R. KENNEY-HERBERT
(WYVERN)

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VEGETARIAN AND SIMPLE DIET

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French fireproof earthenware vessels.



[*Frontispiece.*

Vegetarian and Simple Diet

BY

COL. A. R. KENNEY-HERBERT

(WYVERN)



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PREFACE

An attempt is made in this book to treat specially of vegetarian cookery. It is obvious that to do this effectively its elements must be separated from those of cookery in general, and that these—gathered together in systematic form—must be dealt with in detail in the ordinary manner. It will be found therefore that the standard methods adopted for the preparation of soups, sauces, garnishes, farces, etc., etc., have been carefully recast in order to meet the wants of those from whose tables fish, flesh and fowl are excluded.

I have tried to show that vegetarian diet need not be marked by ascetic plainness, nor restricted to a few uninteresting dishes; that pleasant variety is by no means difficult to bring about, and that the possibilities within the reach of the vegetarian cook are really encouraging.

In a dietary of which fat forms but a minute part,

butter becomes an important ingredient, and for a like reason cream may be used with greater freedom with vegetables than with food already rich in hydro-carbons. Hence my rather free allowances of these materials.

The chief points to which I would draw attention are :—(*a*) the preliminary frying of vegetables—minced rather than sliced—for soups, sauces, stews, etc., (the "*faire revenir*" of French cookery) ; and (*b*) the use continually advocated of the liquid in which vegetables are cooked as the proper medium for their sauces. By these means far better flavour is obtained, and much of the insipidity of vegetarian diet overcome.

Those who object to the use of alcohol even in disguise can omit the wine given in some of the receipts without doing them much harm.

I venture to hope that this book will prove generally useful, not to those alone who for serious reasons abstain from animal food, but also to the many who following medical advice desire to reduce the proportion of meat in their daily nutriment, and to supply its place with vegetarian and simple diet.

A. KENNEY-HERBERT.

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VEGETABLES AND SIMPLE DIET

CHAPTER I

A Glossary of Terms

IT is advisable, I think, to commence with a glossary of the technical terms which will be used more or less frequently during the course of this treatise. These, it will be seen, are all taken from the French culinary vocabulary, and as the methods I advocate, for the treatment of vegetables especially, are derived from French teaching, it follows that there should be no uncertainty in respect of the words used in explaining them.

To baste (*arroser*): To pour melted butter or broth by spoonfuls over anything that may be cooking in the oven, or before the fire, so as to keep its surface moist.

To blanch (*blanchir*): To parboil or scald certain vegetables in fast boiling water for a fixed time in order to remove their acridity and prepare them for cooking.

To braise (*braiser*): To cook things very gently in a closed stewpan with broth in sufficient quantity to be level with their surface.

To brown (a) (*gratiner*): To cause the surface of a dish to take a nice golden-brown colour in the oven, having sprinkled it over with fine raspings or grated cheese and a little melted butter.

" (b) (*roussir*): To fry minced or sliced vegetables briskly till they take a reddish-brown colour.

To butter (*beurrer*): To brush the insides of moulds, pie-dishes, etc., with butter just sufficiently heated to be pliant.

To clarify (*clarifier*): To carry out the process whereby broths, jellies, syrups, etc., are rendered transparent (method given hereafter).

To coat (*napper*): To give a cutlet or fillet a covering by dipping it into a thickly reduced or gelatinated sauce.

To cool (*refroidir*): To allow the contents of a vessel, or a dish required for skimming or for cold service to become cold.

To crumb (*paner*): To roll a croquette, cutlet, or fillet in carefully pounded and sifted white bread-crumbs (*panure*) after having dipped it in beaten egg.

To crush (*broyer*): To pulverize sugar or any other substance that by pressure can be reduced to powder.

To cut (*couper*): To cut into dice (*en dés*), or in strips (*en julienne*).

To drain (*faire égoutter*): To lay things out upon a sieve or a cullender after boiling them, so that the moisture may be carried off.

To dry (*dessécher*): To set things aside after coating them with anything so that the covering may set.

To fry (a) (*frire*): Sometimes called "wet frying," *i.e.*: the method in which the thing to be fried is completely submerged in very hot fat or oil in a frying-kettle or *poêle à frire*. A process in respect of which an English frying-pan is utterly useless.

„ (b) *sauter*: To cook in a *sautoir* (Anglicised sauté-pan) or shallow vessel with an upright rim, in a moderate quantity of butter over a brisk or moderate fire according to circumstances, tossing and stirring at the same time to prevent catching. Sometimes called "dry frying."

„ (c) (*faire revenir*): To fry in a stew-pan an assortment of sliced or minced vegetables in a fair quantity of butter over a quick fire, turning them about until they turn a pale or a reddish-brown colour as the case may be, before moistening them: a preliminary step often recommended in the case of stews, ragoûts, curries, some sauces, and soups.

To farce (*farcir*): To stuff or fill with forcemeat.

To flour (*fariner*): To dredge flour over things in order to dry their surfaces; also to coat fillets, etc., by rolling them in flour for frying.

To fold (*plier*): as in making pastry.

To glaze (*glacer*): To brush over the surface of things with jellied sauce or glaze so as

to give them a glossy appearance.

To line (*chemiser, foncer*): To coat the insides of moulds with aspic jelly, or any gelatinated liquid: also to cover the bottoms and sides of pie-dishes with anything.

To heat (*chauffer*): To warm up without boiling.

To ice (*frapper*).

To marinade (*mariner*): To steep things in pickle or some specially prepared liquid so as to impregnate them with flavour.

To mask (*masquer*): To cover or coat the surface of anything with sauce, gelatinated or otherwise as the case may be.

To melt (*faire fondre*): Causing butter, gelatine, etc., to become liquid.

To mix (*mêler*): The act of blending together the various things which compose a dish or sauce.

To moisten (a) *mouiller*: To add the broth or other liquid to stews, braises, etc., the step which generally follows the preliminary frying process.

„ (b) (*délayer*): To dilute the *roux* with broth or other liquid in making sauces.

To mould (*mouler*): To put compositions into

moulds either for setting cold with gelatine as jellies and creams, or for poaching *au bain marie* as boudins, pains, etc.

To pass (*passer*): To cause liquids, purées, etc., to pass through a sieve or tamis.

To peel (*peler*): To remove the skin from vegetables, fruit, etc., also *monder*.

To poach (*faire pocher*): To put things in very hot water, to allow this just to reach boiling point, and then to simmer very gently. In the case of boudins, puddings, pains, etc., the vessel is firmly closed during the last part of the process:—*faire pocher au bain marie*.

To pound (*piler*): To reduce nuts, beans, etc., to a paste by pounding.

To reduce (*faire réduire*): To exhaust moisture by fast boiling during which constant stirring is necessary to prevent catching and burning. This process is followed in respect of all superior sauces, its object being to increase the savoury flavour by concentration.

To refresh (*rafraîchir*): To administer a douche

of cold water to vegetables which have been blanched. This preserves their colour, and carries away the water which extracted their acridity.

To scrape (*ratisser*): To shave roots such as horse-radish, carrots, etc.

To set (*faire raffermir*): To cause such things as jellies, creams, etc., to become firm by placing them in a cold place or refrigerator.

To sift (*tamiser*): To shake dry substances through a sieve, such as flour, seasoning, salt, etc.

To simmer (*mijoter*, *frissoner*): To cook things slowly at a reduced temperature; one of the most important of all culinary processes. Also indicated by the French expressions "rester frémissant," and "mitonner."

To skim (a) (*dégraisser*): To take the fat off the surface of stock, sauces or gravy.

„ (b) (*écumer*): To remove the scum from stock, syrups, etc.

To skin (*émonder*): To peel after scalding as you do almonds.

To soften (*ramoller*): To fry until vegetables become partly cooked and lose their firmness.

To sprinkle (*saupoudrer*): To scatter over the surface as you do grated cheese, raspings, etc., over a dish that is to be cooked *au gratin.*

To stew (*étuver*): To cook slowly as in braising.

To stir (*travailler*): To keep a liquid in motion with a spoon as in sauce making, or with a fork as in finishing rice or cooking potatoes *sautées.* The word *tourner* is also used in this sense.

To thicken (*lier*): To give body or consistence to sauces, soups, etc. The various thickening (*liaisons*) and methods of employing them will be found in the chapters dealing with the subject of sauces.

To turn (*tourner*): To trim vegetables, mushrooms, olives, etc., in neat shapes for garnishes.

To turn out (*démouler*): To expel jellies, creams, boudins, etc., from the moulds in which they have been set or cooked.

To whip (*fouetter*): To beat with a whisk as in

making whipped cream, sauce mousseuse, etc.

French Terms.

NOTE.—Only those which are used in connection with the cooking of vegetables and light diet.

Aspic: savoury jelly.

Au four: cooked in the oven,

Au gratin: already cooked things heated through and browned in the oven.

Au maigre: without the assistance of either flesh or fowl in any shape.

Au naturel: as a thing is of itself, without adjuncts.

Bain-marie: a roomy, shallow pan with movable perforated drainer, which, when partly filled with hot water and kept over the fire at, or almost at, boiling point, affords a bath in which soups, sauces, *ragoûts*, etc. are immersed in their own vessels closely covered, and so kept hot without catching or deterioration.

Ballotine: a small, round galantine.

Beignet: a fritter.

Beurre: butter.

„ *épuré*: clarified butter.

„ *fondu*: butter melted for use as a sauce.

„ *manié*: butter kneaded with flour with a wooden spoon and used as a *liaison*.

Blanc: a white broth used for cooking certain vegetables to keep them white and improve their flavour: see later on.

Blanquette: a white stew or fricassée of things already cooked.

Bouchée: literally a mouthful: small patties or little saucers of pastry containing a purée or mince. *Bouchée* moulds are used for these saucers as explained later on.

Boudin: a savoury pudding poached *au bain-marie*.

Bouillon: broth. The standard or foundation stock adopted for use in this book.

Bouquet garni: a fagot of fresh herbs, or dried herbs enclosed in a muslin bag, used to flavour soups, sauces, stews, etc.

Brochettes: little spits or skewers. "*A la brochette*": things impaled on little skewers.

Caisses: paper or china cases, the latter for choice, used for the service of *ramequins*, farced eggs, special *salpicons* or minces, etc.

Canapés: little squares, oblongs, or rounds of fried bread on which savoury pastes, purées, etc., are spread for *hors d'œuvres* and savouries.

Caramel: sifted sugar stirred and melted by degrees over a slow fire, until it takes a rich brown colour.

Casserole: a stew-pan: specially nice in glazed earthenware for vegetable cookery, preserving the green in peas, French beans, sprouts, etc.

Chapelure: pounded and sifted crust crumbs which have been dried lightly in the oven: used for the surfaces of dishes "*au gratin*."

Chaud-froid: a dish of cold cooked things delicately masked or coated with gelatinated sauce: sometimes served within a border of decorated aspic. The term is also written "Chaufroix," because the dish is said to have been invented by a *chef*

named Angilon de Chaufroix *entremétier des cuisines* at Versailles, 1774.

Compote: specially prepared fruit in syrup, served in a glass or china compotier.

Confiture: jam.

Consommé: double broth: clear soup, in the preparation of which the ingredients are moistened with broth or stock instead of water.

Coquilles: scallop shells.

Côtelettes: cutlets: mode of preparation explained hereafter.

Croquettes: a mince rendered firm with eggs, formed when cold in balls or cork shapes, rolled in finely pounded crumbs, dipped in beaten egg, again crumbed, dried, and cooked in very hot fat. Often erroneously called "*rissoles*" in English kitchens.

Croustades: a mince served in pastry cases, or in cases made by hollowing little rolls: croustade cases are also formed out of rice and potatoes.

Croûtes: Sippets of fried bread, or squares fried for the reception of some savoury pre-

paration. Bread specially prepared for a soup—"*croûtes au pot.*"

Croûtes creuses: hollowed rounds of fried bread used for garnishes and savouries.

Croûtons: little dice of fried bread sent round with most vegetable soups.

Cuisson: often used in this book. Correctly speaking, the term should be "*eau de la cuisson*"—the liquid in which anything is cooked—but "*cuisson*" alone has been adopted by French writers for use in instruction in cookery.

Dariole: a small conical mould used a good deal both for savouries and sweets.

Dés: dice shapes.

Dorure: eggs beaten up (white and yolk) with a little cold water, for glazing the surface of pastry, pies, etc.

Emincé: sliced as for hash.

Entrée: a made dish which, in the sort of cooking treated of in this book, may be described as the association of some choice vegetable with rice, spaghetti, etc., in the form of *ragoûts*, *fricassées*, *boudins* cutlets, *croquettes*, etc., a good sauce

being an essential feature of the composition.

Entremets: This was originally a dainty dish introduced *entre mets*, *i.e.*, between two important dishes or mets. Now it refers to the sweet and savoury dishes of the "*second service*" in a French dinner:—the *entremets de légumes* or special vegetable dishes, and the *entremets sucrés* or sweets.

Escalopes: things cut into neat discs or lozenge shapes, and served in various ways.

Farce: forcemeat, including (in this book) stuffings.

Faux: mock or imitation.

Feuilletage: puff-pastry.

Filet: a fillet, or neatly trimmed piece of anything.

Fleurons: flowers cut out of pastry for ornamentation or garnish.

Fonds: stock or foundation of soups, broths or sauces. *Fonds d'artichaut*: artichoke bottoms.

Fondue: a preparation of cheese, eggs and butter

cooked in the same way as scrambled or buttered eggs.

Fourré: packed with. The term refers to the introduction of a mince in an omelette or *quenelle*, or the filling of hollows formed by lining a dish with spaghetti, macaroni, or rice.

Frappé: iced.

Fricassée: a white stew.

Fritôt: a dish of fried things which are dipped in milk and floured instead of being egged and bread-crumbed.

Friture: the medium in which things are wet fried (*frits*). *Fritures*: a dish of fried things.

Fromage: cheese; always to be mild and dry for use in cookery.

„ *rapé*: rasped or grated cheese.

Fumet: essence; the flavour drawn specially from anything to improve sauces and stews.

Galantine: an oblong or thick roll of forcemeat (and other things described elsewhere) bound with eggs, and gently simmered till firm, turned out when cold, and glazed.

Gâteau: a cake.

Glace: ice. Also glaze or varnish which is brushed over cold *galantines*, hot or cold *pains*, cutlets, etc., to improve their appearance.

Hachis: a mince.

Hatelets: skewers: also written attelet (from *atteler* to pin), made in silver and plated ware for garnishing purposes.

Hors d'œuvres: savoury trifles daintily dished, which are handed round at the commencement of a dinner or luncheon as appetizers.

Jardinière: an assortment of various vegetables: generally served as garnish.

Julienne: a soup garnish composed of root vegetables cut in thin strips, and green vegetables shredded: explained later on.

Kari: curry, spoken of in another place.

Khichri: "kedgeree," do. do.

Lait: milk: also applied to nutty infusions: *lait d'amandes*, *lait de pignons*, etc.

Légumes: applied to vegetables generally: strictly speaking the term appertains to beans, peas and lentils—the pulse family.

Légumière: a vegetable dish, either in silver, plated

ware, silver-lined copper, or china, the fireproof china especially suitable.

Liaison: thickening: the medium which causes amalgamation between purées and broths, and gives substance to sauces, etc.

Lit: a bed; applied to a layer of vegetables laid at the bottom of a stewpan before commencing a stew, or braise.

Macédoine: a combination of root vegetables, peas, and French beans: the first in neat dice, the peas *au naturel*, and the French beans in diamonds.

Maigre: cooked without the assistance of meat or fowl in any shape.

Maître d'hôtel: a combination of butter with parsley and lemon-juice, which when blended with a white sauce makes a good sauce for vegetables.

Marinade: literally pickle, but in cookery the term is applied to any liquid in which food is allowed to remain with a view to the acquirement of flavour; for instance, a curry is improved if allowed to *marinade* in its sauce for some time before final heating.

Marmite: a stockpot.

„ *en terre*: do. earthenware glazed, valuable for vegetable broths and soups.

Médaillons: oval shapes formed out of a firm *boudin* mixture.

Meringue: a mixture of icing sugar and stiffly whipped whites of egg: used as a cover for *fruits meringués*, also alone for *meringues*.

Mousse: froth or foam: applied to moulded creams which are specially helped with whipped cream.

Mousscline: a light *purée* with which cream is blended, either set by poaching *au bain marie*, or in ice with the assistance of gelatine. Also the name of a sauce.

Noisette: a term used for small round shapes cut out of firm *boudin* mixture for entrées.

Noix: nuts—much used in the cookery discussed in this work.

Nouilles: narrow strips cut out of thinly rolled paste made of flour, eggs, and butter, and cooked like macaroni.

Œufs: eggs—the various ways of cooking them fully explained in this book.

Omelette: a special dish of eggs described later on.

Orlys: pieces or fillets of vegetables or bouquets of cauliflower dipped in frying batter and fried in very hot fat like fritters.

Pailles: straws; paste cut into strips as for cheese straws, or potatoes similarly cut for potato straws, dried and plunged into very hot fat, fried a golden colour, drained, dried and piled in a heap on a dish paper.

Pain: bread, but also applied to consolidated *purées* both savoury and sweet.

Panade: a preparation made of bread and also of flour for stiffening forcements.

Panure: white crumbs dried, pounded and sifted for the breading of cutlets, *croquettes*, etc.

Passoir: a perforated tin strainer.

Pâte: paste, the various varieties of which are discussed elsewhere.

Pâte à frire: frying batter.

Pâté: a pie.

Petits fours: little sweet cakes, such as macaroons, *massepains*, almond paste *croissants*, small *meringues*, etc., etc.

Pilaö: an oriental dish with rice, etc.

Pinceau: a brush used for glazing.

Plafond: a platform or base upon which elaborate dishes are arranged: also a stand or trivet on which dishes are placed in the oven.

Poêle à frire: a frying kettle, or deep vessel with latticework, drainer used for "wet frying."

Potage: soup.

Purée: the smooth pulp produced by passing cooked vegetables, nuts, etc., through a sieve. Blended with broth or milk this becomes a soup called a *purée.*

Quenelles: a preparation of a vegetable or nut purée and panade, bound with eggs, shaped with two tablespoons, or set in quenelle moulds, and poached *au bain marie.*

Ragoût: a savoury brown stew.

Ramequins: little cheese *soufflés* baked in cases, or the mixture may be divided into portions, shaped in rounds, laid on a buttered baking sheet, and baked till risen.

Ravioles: a delicate mince enveloped within *nouille* paste in the style of *rissoles*, but plunged into boiling water and boiled fast for five minutes.

Réchauffé: a dish produced by re-cooking things that have been already cooked.

Rissole: a *croquette* mixture wrapped in thin pastry, and fried in a bath of hot fat.

Roux: a combination of butter and flour forming a standard thickening explained in the chapter on sauces.

Salade: salad; a vegetable or a mixture of vegetables, cooked or uncooked, dressed with oil and vinegar, or other dressings.

Saladier: a salad bowl.

Salpicon: a rather coarse mince.

Sautoir: a sauté-pan; the vessel in which "dry frying" is carried out.

Serviette: a napkin: "à la serviette": hot things served in a hot folded napkin.

Tamis: straining cloth.

Tarte: now used by French cooks for the English tart; strictly speaking, an open jam tartlet.

Tartelettes: little open tarts baked in round or oval patty pans.

Terrine: a fireproof earthenware dish fully explained elsewhere.

Timbale: a preparation of vegetables, etc., cooked in a plain mould lined with macaroni spaghetti or paste.

Tranches: slices.

Turban: a border mould with a convex or rounded top. Hence things that are cooked in such moulds are called "turbans."

Velouté: a standard or foundation white sauce.

Vert d'épinards: spinach greening or juice pressed from cooked spinach used for colouring sauces and green purées.

Vol-au-vent: a ragoût or fricassêe served in a very light puff pastry case.

Zeste: zest, the very finely peeled or grated outer skin of lemons or oranges to the exclusion of all pith or white part of the skin.

CHAPTER II.

Equipments and Stores.

THE subject of equipment requires special consideration, for with a very few exceptions the utensils ordinarily procurable at English hardware shops are unsuitable for the cookery of vegetables, and the simple diet treated of in this little work. Tinned vessels, for instance, are altogether out of place for the proper cooking of green vegetables, the cumbersome English-made saucepan and misshapen frying-pan are virtually useless, while some articles which are necessary for fish, flesh and fowl cookery can be dispensed with altogether. By far the best equipment for our purposes is one composed as much as possible of French glazed earthenware, now easily procurable in London. These comprise *marmites* or stockpots, and *casseroles* or stewpans, each in various sizes, and, fortunately, by no means expensive. A complete set of *casseroles* in six sizes, varying from ten and a half inches in diameter to six inches, can be got for fourteen shillings and

sixpence. The largest (twelve and a half inch) *marmite* can be got for five shillings and sixpence, a good useful domestic size (eleven inch) for three and ninepence, and a smaller one for little jobs (eight and a half inch) for half-a-crown.

Earthenware, of course, is liable to crack and break, but only through rough and careless usage. With common attention it lasts well enough. I had a *casserole* in constant use for five and a half years, and finally lost it by an act of carelessness. All the cook has to do is to remember to put a *casserole* or *marmite* down upon a metal surface gently, especially if it be full or partly full; not to leave it over the fire empty, and when used for the first time to place it, partly filled with warm water, over a low fire, and heat it through gradually. It may be said that it is never necessary to put a *casserole* or *marmite* upon a brisk fire at the beginning of any process for which it is used. Even when it may be intended to commence a dish with the frying of vegetables until they are well coloured (*faire revenir*) the heat may be increased to the point required by degrees.

The advantages gained by using this equip-

ment are these: All green things cooked in them retain their fresh colour; fruits stewed with red wine do not acquire a purple tint as they do in tinned vessels; the internal glazing prevents the adherence of grease or scum, and complete cleaning is effected in a few minutes; lastly, they are absolutely safe; even cooked vegetables can be left in them without any danger whatever. A cradle or silver plated wire frame has been introduced lately in which a *casserole* can be placed and handed round. In this way certain dishes can be served in the vessels in which they were cooked, and dishing up avoided, a very commendable step in respect of curries and ragoûts.

I look upon a French fireproof china *omelette*-pan as better suited for the work than one made of metal, for the reason that it retains a perfectly even surface. After some use a metal pan is apt to warp and rise slightly in the centre, the consequence of which is that the melted butter runs off that part of the pan leaving a dry island in the middle of it where the *omelette* catches and cannot be turned out evenly.

The English frying-pan is, as I have said, a useless utensil. Instead of it the French shaped

sautoir (sauté-pan) with an upright rim should be used. I have found it a good plan to have block tin *dome*-shaped covers made for these vessels, thus converting them, when necessary, into shallow stewpans which are very useful. For instance, you can steam (*faire pocher au bain marie*) small darioles and little moulds, which require a very shallow bath of water for their cooking, in a far handier manner in a covered sauté-pan than at the bottom of a deep stewpan. Then chestnuts, button onions, sprouts, sprigs of cauliflower, button mushrooms, Jerusalem and Japanese artichokes, globe artichoke-bottoms, and all vegetables trimmed for garnishing—after having been blanched in a different vessel—can be spread over the surface of a wide *sautoir* without overcrowding, and yet have sufficient depth of liquid to cover them, while their stewing can be conducted under close observation. The dome shaped cover is designed to admit of the steaming of small moulds and darioles which when placed in it project above the level of the rim of the pan.

In order to obtain similar advantages in respect of the treatment of larger things, no kitchen should be without a "fricandeau pan," which may

be described as a wide stewpan cut down. A useful size may be fixed at a foot wide and four inches deep.

Another utensil which I consider indispensable is a double "porridge saucepan" constructed on the same principle as a milk saucepan but on a larger scale. This is most useful, not only for the making of porridge, but also for custard making, for thickening sauces or soups with eggs, and the warming up of already cooked things, tinned or bottled vegetables, stews, curries, cooked rice, or vegetables, and any sauce or soup in which eggs may have been used. The sizes vary from two to six pints, and in price from three and sixpence to seven shillings.

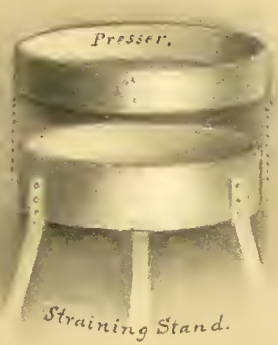
For steaming vegetables iu vapour there are of course several vessels to be got, but as a specially simple contrivance for this method of cooking, "Benham's patent rapid steamer" is much to be commended.

Sieves, both in hair or wire, are in constant demand in vegetable cookery. It is advisable to get them of a good size and of the best quality. I would never choose one smaller than ten inches in diameter, for while a small job can be carried

out easily in a large sieve, a large job cannot be done in a small one without the delay caused by working in relays.

For straining jellies a straining stand, as shown in the illustration, will be found far better than the old-fashioned jelly stand which was constructed for the reception of a long felt or thick flannel jelly bag. I have long since condemned the use of a jelly bag as an objectionable contrivance, for it very soon becomes tainted, and has to be thrown away. It is much wiser to use fresh pieces of flannel in connection with the stand I am about to describe, for as soon as the slightest trace of mustiness is perceptible they can be transferred to the scullery for cleaning purposes. A made-up jelly bag costs more and cannot be turned to advantage when unfit for straining work. The same stand can be used for straining soups, syrups, etc., through tamis cloth.

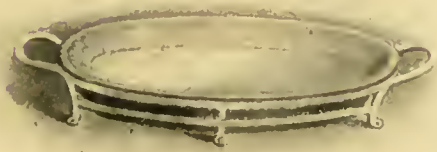
The contrivance may be described as follows: a strong sieve frame, without hair or wire, about sixteen inches in diameter, is firmly fixed upon three legs cut such a length as to raise the upper rim of the sieve frame to about two and a half feet from the level of the ground. Another sieve



Straining Stand.



Stand with tamis pressed home.



Légumière on a cradle stand.

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frame, also without hair or wire, loose, about a size larger in diameter than the fixed one, accompanies the stand and may be called "the presser." When required for use the flannel or tamis cloth having been scalded and wrung out is spread over the fixed frame, loosely pouched in the centre, and with the superfluous cloth hanging over the side; "the presser" frame is then put over the fixed one and pressed down, thus securing the flannel or cloth firmly. A bowl is placed beneath the tripod to catch the liquid as it drips from the strainer. The liquid to be strained is then poured gently into the cavity of the cloth. The process can be repeated, of course, after scalding, wringing, spreading, and fixing a fresh cloth.

Perforated tin strainers, both pointed and flat, are continually wanted.

For blanching spinach and greens of various kinds a roomy block tin fish or turbot kettle is useful; and after the blanching a vegetable presser must be at hand for the expulsion of water.

The chopping board which is required for spinach, endives, and other greens should be two feet square.

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Among small things vegetable scoops and cutters, root knives, peeling knives, julienne cutters, column and spiral cutters and mincing knives must not be forgotten.

For vegetable creams, *boudins*, &c., moulds must be provided, viz. :—plain charlotte, darioles in sizes bouchée and cutlet moulds, with patty pans, oval and round, for savoury patties and croustades.

The vegetable cook will find the lately introduced "grating machine" a very cheap and handy contrivance for grating cheese, nuts, bread for crumbs, biscuits, etc., and to this should be added a fine mincing machine, very useful for the production of purée from cooked haricots, etc.; and a slicing machine for the turning out of evenly cut chips, discs of root vegetables, apples, &c.

A set of Imperial measures is much needed for work in connection with this book: pint, half-pint, gill, and half-gill. Guess work in respect of quantities of liquids for moistening, &c., leads too often to mistakes and failure.

It is very necessary to have a nice selection of dishes for the tasteful service of vegetables and

simple diet. The French fireproof china ware is much to be commended for this purpose, providing us inexpensively with *légumières*, *gratin* dishes, *coquilles* (scallop shells), *caisses*, *pâté* dishes, *terrines*. etc., specimens of which are given in the illustrations.

CHAPTER III

Soups

It will be found that a large series of excellent soups is within the reach of abstainers from fish, flesh and fowl. So large, indeed, that it is quite necessary to deal with the subject systematically exactly on the lines of cooking *au gras*. That is to say, a standard foundation broth or *fonds* which shall take the place of the *bouillon* of French cookery *must* be fixed upon definitely first. Then the various soups can be classified separately :—

(a) *Consommés*, or clear soups.

(b) *Potages liés*, or broths thickened.

(c) *Purées*, or soups in which the pulp of vegetables or nut paste is blended with broth.

(d) *Potages*, which partake of the nature of hotchpotch, *i.e.*, partly thickened soups containing vegetables which are not passed through the sieve, such as "*potage à la bonne femme*."

(e) *Garbures* and *Minestres:* These are soups, peculiar to Southern France and Italy respectively, which might be translated "pottages," *i.e.*, compositions half broth half vegetables, with bread, grated cheese, rice, etc., added. The former require a spoon and fork, and the latter are quite as thick as porridge.

Bouillon:—Although generally speaking applied to a broth made of meat, bones, and vegetables, this term can be correctly used to indicate a good broth of any kind. For the purposes of this work a strong vegetable broth is required. Accordingly, as being the best equivalent of beef or veal within our reach, we must take the dried "légumes" or pulses, the dietetic value of which will be found in the appendix. Of these there is a good selection: haricots white and red, lentils, butter beans, and peas in variety. For dark broth the lentils and red haricots are suitable, but for a good standard *bouillon*, white haricots are the best.

Sift and wash a pint measure and a half of the beans in plenty of water, so that withered and discoloured beans, chaff, etc., can float and

be skimmed off. When cleaned, put the beans into a bowl with four and a half pints of water. Let them soak, covered with a plate, for twelve hours, then empty the contents of the bowl—without changing the water—into a stock-pot, or roomy stew-pan ; set this over a low fire and let boiling come on gradually, skimming off all scum, and retarding actual boiling with small additions of cold water ; when the surface is clear and the water boiling, put in the following vegetables (which should have been cleaned and cut up as the gradual cooking was going on): six ounces each of Spanish onions, turnips, carrots, and leeks, an ounce of parsley, half an ounce of salt, and one of celery with a muslin bag containing a bay leaf, a dessertspoonful of dried herbs, and one *uncut* clove of garlic. The addition of all this cold matter will throw back the boiling, allow that temperature to return, then draw the vessel back so that only *the edge of it* is over a low fire—a small gas jet turned low, for instance—and simmer for two hours, or until the beans are perfectly tender. Now empty the contents of the vessel upon a hair sieve, and drain off the broth of which there should be, allowing

for evaporation, about three pints, rather more than less. The broth thus produced is the *bouillon*, which will be continually referred to in the course of this book.

The vegetables and the beans can—after the straining off of the broth—be turned to account as follows: spread them all out upon a large joint dish, pick out the garlic and the muslin bag, and with a two-pronged fork separate the beans from the other vegetables, keeping them apart in a bowl. With each of them, other dishes can be made. With the vegetables you can produce an excellent *purée*, and with the cooked beans numerous methods,—to be spoken of hereafter—can be adopted.

It will be observed that the principles followed in the production of this broth are exactly the same as those laid down for meat *bouillon*—the stock vegetables being reserved for addition until skimming has been carried out, and the water has been allowed to come to the boil. The reason of this is that as it takes at least two hours to thoroughly cook the beans by simmering, nothing is to be gained by putting in the flavouring vegetables before that stage of the

operations. If put in at the commencement they would be cooked to a pulp, and if anything absorb rather than improve the flavour of the broth. It is a good plan to put the stock vegetables into a net bag so that they can be lifted out of the stock-pot as soon as they are nicely cooked, for it is only up to that point that their presence is really valuable.

Note: It may happen of course that at certain times of the year, and in certain situations, *all* the vegetables that have been mentioned may not be procurable. In such circumstances discretion must be exercised. As a general rule the onions which are the most necessary *can* be got, and deficiencies in respect of the other vegetables can be made good by increasing the allowance of such as may be available.

Consommé de légumes: This is the best form of clear soup that can be made in accordance with the rules observed by those who restrict themselves to vegetables and light diet. Again we adopt the course pursued in ordinary cookery and compose *double* broth. That is to say, we make a soup of vegetables for the moistening of

which we use *bouillon* instead of water. The process is as follows :—

Put two ounces of butter into a roomy stew-pan, melt this over a moderate fire, adding four ounces each of onions, carrots, and turnips, all finely minced, two ounces of leeks, one of celery, and one of parsley shredded. Increase the heat after a minute or two and fry briskly, stirring the contents of the pan well throughout the process ; when the vegetables take a slight colour, moisten them with three pints of warm *bouillon* made as just described, bring to the boil, skimming carefully, and then simmer gently for two hours. Now strain the *consommé* into a bowl, saving the vegetables for a *purée* as in the case of the *bouillon.* Let the soup get cold, take off any butter that may have come to the surface, and then clarify it.

To clarify vegetable soup: When the soup is quite cold put it into a clean stew-pan. Break one whole egg into a bowl, add the whites of two besides, whisk slightly without causing the eggs to form a stiff froth, and pour it into the cold soup ; place the vessel over a fast fire and stir without ceasing, watching the work carefully ; as

soon as the first indications of approaching boiling are observable gently withdraw the vessel and let it rest on the hot plate, or over the very smallest fire to barely simmer for half-an-hour, then strain through a tamis.

This, when carefully made and clarified, is essentially a dinner-party soup, a name being given to it according to the garnish:—*julienne*, *brunoise*, *printanier*, etc., as in ordinary cookery. It is so well flavoured that many may think that meat must have been used in its composition, unaware perhaps, that soups *au gras* owe their savour to the vegetables associated with them rather than to the meat. Various *consommés* are to be found in the menus.

Potages liés: These soups may be described as *bouillon*, nicely flavoured, thickened, strained and garnished according to the recipe. Mulligatunny belongs to this class of soup. *Liaisons* or thickenings of various kinds are given in the next chapter *à propos* of sauces. A dark-coloured *bouillon* made with red lentils or red haricots is specially suitable for a *potage lié*. Take for example:

Potage à la Créole:—Put three pints of dark

bouillon into a stew-pan, bring to the boil, then slip into it a packet of prepared turtle herbs, or a muslin bag containing a dessertspoonful of dried basil, one of marjoram, a blade of mace, two bay leaves cut up, six cloves, and twelve pepper-corns. Boil five minutes and then simmer gently for half-an-hour, by which time the *bouillon* should have acquired a distinct flavouring from the herbs. take it off the fire, and remove the bag, pouring the broth into a bowl. Melt in the hot pan two ounces of butter, add by degrees three ounces of flour, when well mixed and slightly browned over a low fire begin to moisten with the *bouillon* stirring it in gradually and mixing it smoothly with the *roux*. All having been thus expended let the soup come to the boil, skim, and pass through a hair sieve. Heat up again in a clean stew-pan, and add a sherry glass of marsala, and the juice of half a lemon ; keep it hot in the *bain marie* pan, add a dozen forcemeat balls, and serve when required. For forcemeat balls see Chapter V.

Purées: or thick soups which owe their consistence to the blending with them of some vegetable pulp or nut paste, can be made either upon a *bouillon*, or a vegetable broth basis, or upon

one composed of milk. If no *bouillon* happen to be ready, an excellent **Vegetable broth**, less nourishing of course, but quite as nicely flavoured, can be prepared in this manner: Weigh and slice up in thin discs six ounces each of carrots, turnips, onions, and leeks; chop up one ounce of celery and the same of parsley. Put two ounces of butter into a stew-pan, melt, and stir in the whole of the vegetables. Fry over a fairly brisk fire, moving the contents of the pan about with a wooden spoon; when they soften and begin to take colour reduce the heat under the vessel, and moisten with three pints of warm water. Now add a *bouquet garni* of marjoram, thyme, and bay leaf, and season with an ounce of salt, a tea-spoonful of mignonette pepper, and a blade of mace. Bring slowly to the boil, skimming off all scum that may rise, and when clear let the broth simmer very gently for an hour, by which time the flavour of the vegetables will be extracted. Strain off the broth, gently pressing the moisture out of the vegetables into it, and let it get cold. Use as stock. The vegetables, passed through a hair sieve, can be used for a purée.

Milk as stock for soups and sauces should be

boiled and strained, although when time presses it may be used without that preparation. Boiling prevents curdling in cooking, and it is a precautionary measure which, in these days of doubt as to the purity of our milk supply, is recommended by the medical profession. Skimmed milk makes a good moistening for vegetable soups and is preferred by some on account of its being less rich. To meet this requirement moistenings can be composed partly of milk and partly of water, in half and half proportions, or one third water to two-thirds milk.

Although *purées* possess a thickening in the shape of the pulp or paste of which they are composed, it is nevertheless necessary to use a certain amount of *liaison* in making them to insure the smooth blending of the vegetable matter with the broth or milk. Unless this is done, the pulp being heavier than the broth is apt to sink to the bottom of the soup tureen, while the broth floats above it. The quantity of *liaison* required, and the materials of which it can be composed, are mentioned in Chapter IV.

It has become the custom of late years to speak of some *purées* as *crèmes*, but it must not be

inferred therefrom that any large amount of cream is used in their preparation. The soup being of a smooth velvety consistence suggests the idea of cream, and perhaps a spoonful may be added as a finishing touch to complete the effect. A soup made of nut paste is sometimes distinguished by the term "*lait*":—*lait d'amandes*, *lait de pignons*, etc. These, however, partake of the nature of infusions since the nutty *purée* is strained off after having imparted its flavour. Now that the value of nuts from a nutritive point of view has been established, the straining is quite unnecessary, and very nice *purées* can be produced with them if assisted with a little *liaison*. As a type of a nice *purée* let us take :-

Crème de navets, Florentine:—Melt three ounces of butter in a stew-pan, stir into it six ounces of finely-minced onions, fry over a moderate fire for five minutes, and then add a pound of very thinly-sliced turnips; continue the frying for five minutes, then stir in two ounces of flour, and moisten by degrees with two pints of milk, mixing the thickening with the vegetables well; let this come to the boil, and then simmer gently till the onion atoms are quite soft, stirring gently

and adding enough milk to complete three pints including that which was first used. Now put in half a pint of tomato *purée* or ten ounces of sliced tomatoes, cook for ten minutes, and then pass the contents of the pan through a hair sieve. Warm up, and keep the soup hot in the *bain-marie*, and serve with fried *croûtons*. The addition, when the soup is completed, of butter, cream, or yolks of eggs in a French style, is a matter of taste. Grated Parmesan or dry Gruyére should be handed round with this soup.

Another and commoner form of *purée* is that in which the pulp of a cooked vegetable, prepared by having been passed through a sieve, is blended with broth or milk. The usual way of producing Jerusalem artichoke soup—sometimes called "Palestine soup"—may be selected as an example:—

Crème de topinambours: Having cooked two pounds of Jerusalem artichokes and passed them through the sieve with their *cuisson*, put an ounce and a half of butter into a stew-pan, melt it over a low fire, and stir in by degrees an ounce and a half of flour; when well mixed, dilute with a little milk, mix again, add a little more milk and some of the *purée*, and go on in

this way till you have expended all the *purée* and three pints of milk in all; bring to the boil, and serve with *croûtons* of fried bread. This soup can be enriched with cream, or with the yolks of two eggs beaten with a little of the soup at the bottom of the tureen, and then mixed as the rest of the soup is poured into it.

To cook the artichokes, put an ounce and a half of butter into a stew-pan, melt, and stir in five ounces of minced onion, fry, and add the artichokes cut into thin slices, let the vegetables take a light yellow colour, then dilute with hot milk enough to cover them, boil up, and simmer till they are done; pass the contents of the pan through the sieve.

Potages of vegetables which are not turned to a *purée* but served as hotch-potch (*hochepot*) are of course less troublesome than *purées*. Take:—

Potage à la Parisienne: Wash, dry, and shred a good sized cabbage lettuce, and mince six ounces of onions. Melt three ounces of butter at the bottom of a stew-pan and stir in the lettuce and onion. Fry over a moderate fire till the lettuce leaves soften and the onions are turning colour; season with salt, pepper and

mace, and moisten with a pint of milk ; let this boil, and then simmer till the onion pieces are quite soft, then add by degrees two more pints of milk ; as this comes to the boil stir into the soup through a strainer an ounce and a half of *crème de riz* which has been mixed in a cup with enough milk to dilute it. Let the soup boil, stirring well. Serve as follows: cut a dozen *croûtes* (slices of bread) an inch wide, a quarter of an inch thick and two inches long, with crust on one of their long sides ; dry these in the oven and put them into the soup tureen ; beat up an egg whole, as if for an omelette, in a bowl with a gill of the soup separately, take the soup off the fire and, after two minutes' pause, stir in the eggy mixture, and pour the soup into the tureen

Garbure: Cut a spring cabbage or savoy, weighing about a pound, in quarters, or take half a cabbage of that weight and cut it in four, soak it in salted water half-an-hour, then blanch it in boiling water for five minutes, drain and shred it. Put this, with five ounces of minced onion, to fry in two ounces of butter ; let the frying continue until the vegetables soften, then moisten with *bouillon* just sufficient to cover

them; cook very gently, allowing the broth to become absorbed by degrees, renewing the moistening two or three times, and repeating the reduction till the cabbage is done nicely. Cut a number of thin slices of bread, dry them in the oven, and with them make a bed at the bottom of a fire-proof vegetable dish; moisten this with a little *bouillon* and sprinkle it with grated cheese, spread over that a layer of the cabbage with one of bread and grated cheese over it, and another of cabbage and so on till the dish is filled; finally, moisten the whole with *bouillon* and push the dish into a gentle oven for a quarter of an hour; while this is cooking, fill a small tureen with hot *bouillon*, and serve the two together, some of the cabbage being put into each soup plate, and a ladleful of the broth.

Ministres, examples of which will be found in the menus, may be described as vegetables cooked in broth, blended with rice, pearl barley, macaroni cut into dice, etc., and served as a thick hotchpotch with grated cheese, forming almost a meal in itself.

Notes on Vegetable Soups.

The chief characteristic of these soups is the preliminary frying of the vegetables in butter. This process—mentioned in Chapter I. as being known in French cookery by the term "*faire revenir*"—is far too little practised in English kitchens, and very rarely explained and enlarged upon as it should be in English cookery books. I look upon it as quite one of the most important features of ordinary cookery, and absolutely indispensable in vegetable cookery. It produces a flavour which never can be got by cooking vegetables in water, for it preserves certain of their elements which are carried away by boiling and wasted.

Another point is the extraction of various vegetable and herb flavours in making bean *bouillon*, the object being to counteract the overpowering "beaniness," if I may so describe it, of the haricots. This is quite successfully accomplished in the *consommé* owing to a great extent to the preliminary frying of the fresh vegetables.

A third feature is the *slow* cooking of these

soups. Boiling is merely permitted to take place for a moment, the real cooking is conducted at a temperature of about 170°.

CHAPTER IV.

Sauces.

By following the principle which I adopted in respect of soups, I hope to be able to show that a variety of good sauces can be produced without the use of broths extracted from flesh of any kind. For we can dilute them with water only (as in "melted butter"), with milk and water in various proportions or milk alone, with vegetable broth, or with our standard bean broth or *bouillon*.

As an established rule it should be carefully noted that, with the exception of water used for the purpose of blanching, the *cuisson* or liquid in which vegetables of all kinds are cooked—provided that the operation be properly conducted —should never be thrown away. It should be used, in preference to water, for the moistening of the sauces which may be required to accompany them, or for the dilution of other vegetables which may be chosen for the production of broth, or for stewing. The *cuisson* of macaroni, spaghetti, etc., should be turned to account in a similar

manner. This important point is either lost sight of altogether, or very slightly referred to by the majority of writers of English cookery books.

For the thickening of sauces we have at our command the standard "liaisons" of ordinary cookery.

(*a*) *roux*, flour cooked with butter and allowed to take colour or not according to circumstances.

(*b*) thickening of flour mixed without cooking with broth milk or water separately, and passed into the sauce or soup through a strainer.

(*c*) *beurre manié:* butter kneaded with flour uncooked, and mixed into a sauce as a finishing touch.

(*d*) thickening of *crème de riz*, potato-flour, corn-flour, semolina, arrowroot, chestnut-flour, etc., mixed and worked into a sauce like thickening (*b*).

(*e*) thickening of bread-crumb as in bread sauce, but applicable to any white sauce.

(*f*) thickening of eggs for which yolks only are used, the process being conducted as in custard making.

For flavouring sauces we have herbs, condiments and spices, aromatic vinegars, reduced vinegar, horseradish, light wines, and though not to be recommended for the use of cooks who can extract the essences of fish, game, poultry, etc., the ketchups and such well established store sauces as Lazenby's Harvey, Brand's, Reading, or John Moir's.

The use of cream in sauces is, generally speaking, an optional matter. There are, however, two or three, such as bread sauce, the nut sauces, and perhaps *velouté* which must have a spoonful of cream, while purées of celery, seakale, asparagus, artichokes, and greenpeas when served as sauces are certainly improved by that addition.

Wine is very rarely required in vegetable cookery. Nevertheless a little reduced white French or Rhine wine gives valuable assistance to some sauces, and in cases where it is desired to produce special flavours such as that of mock-turtle, of game, etc., a little marsala may be wanted. That nice dish *marrons braisés au vin de Madère* for instance, is obviously one for which a wine-flavoured sauce is necessary.

Returning now to the subject of thickenings,

Details of the proper method of working a *roux* should be noted. For a pint of sauce take one ounce of fresh butter, put this into a stewpan, and melt it over a moderate fire; when quite liquid begin to add to it small portions of the best flour by degrees, working them well into the butter with a wooden spoon; when well mixed, and a smooth lissom paste has been produced, lower the fire, and continue to work the *roux*, in order to cook the flour, for some minutes. If required for a brown sauce carry this on until a light crust colour has been obtained. The cooking of a *roux* cannot be done too gently.

It will be observed that the flour must be added by degrees. This is very necessary, for flours vary in quality, and it is easy to overdo the quantity needed. Approximately the customary allowance is one ounce of flour to one of butter, but it often happens that in order to get the "smooth lissom paste just mentioned" a quarter of an ounce more of flour will be taken up by the butter. Another point gained by the gradual addition of the flour is thorough smoothness without lumps which hurried work can never produce.

The *roux* having been thus prepared, the next step in sauce making is the *addition to it* of the liquid chosen for the sauce. This should also be done by degrees, working the paste and the moistening together vigorously between each addition. The liquid may be either hot or cold ; if hot, the additions should be made off the fire, the vessel being replaced over it for a minute after each mixing. When all the allotted moistening has been expended, the heat below the pan can be increased, and the sauce brought to the boil, for not until that point has been reached will the full effect of the thickening be shown. Stirring must go on throughout the process.

If, when this stage is arrived at, a sauce be found too thick, extra liquid must be added cautiously till the desired consistence is produced. If not thick enough, continue the boiling, stirring without ceasing, until the proper condition is got by reduction.

Reduction may be regarded as one of the most important features of the art of sauce making, for independently of its use in respect of the correction of a mistake in the matter of consist-

ence, it vastly improves flavour by concentration. For this reason it is carried out by the best practitioners in the composition of all superior sauces.

When time presses a little extra thickening can be communicated to a sauce by processes (*b*), (*c*) or (*d*), judgment being exercised as to the quantity necessary to effect the object.

For (*b*) and (*d*) the procedure is the same: allow, whether the substance be flour, corn-flour, rice-flour, arrowroot, or other farinaceous preparation, about one ounce to the pint of liquid; put the allowance in a bowl or cup and moisten it with a few spoonfuls of the soup or sauce which requires the thickening, work this well with a spoon until it becomes a smooth creamy batter; bring the sauce to the boil and pass the mixture into it through a pointed strainer thus preventing the communication of lumps to the sauce; when all has been passed in, simmer for ten minutes. The result will be a nicely thickened sauce neither too thick nor too thin. Remembering these proportions, small mixtures to effect additional thickening can be easily

adjusted, and larger ones for soups in the same way.

Note: This method of thickening without butter is obviously the one to be adopted by those who are unable to partake of rich sauces.

Beurre manié (*c*) is a most useful form of thickening, especially so in respect of vegetable cookery, for it enables the cook to give a slight richness and a pleasant consistence to the *cuisson* just as a finishing touch before serving. A slightly thickened sauce thus made is infinitely better than the tasteless composition of flour, water, and milk, so commonly produced by English cooks after they have thrown away the liquid with which a nice sauce could have been made. By this mistaken method of work good materials are too often wasted, for even a long acquaintance with it can scarcely reconcile people to consume their domestic "Stickphast paste" with appreciation.

Thickening (*c*) of breadcrumb is nice with thin white purées with which it can be blended in this way. As the vegetable is being cooked, grate, or pass two ounces of stale bread through the grating machine, put the crumbs thus ob-

tained into a bowl and soak them with milk, seasoning with salt, white pepper and mace, and whisking with a small whisk till a smooth pulp is obtained. Then, having passed the vegetable with its *cuisson* through a hair sieve, put it into a stewpan to heat up again passing the bread-pulp into it, as it boils, by degrees until the desired consistence is obtained. This quantity would thicken two and a half pints of broth or milk: for a pint of sauce with which there is a certain amount of vegetable pulp half an ounce would suffice.

Thickening with egg is prepared by thoroughly blending the raw yolks of eggs with some of the soup or sauce separately in a bowl or cup. Then, when the time comes for mixing this into the sauce, take the latter off the fire, cool it for a couple of minutes, and pass the egg thickening into it stirring well, replace the vessel over a low fire, and stir as in custard making, avoiding boiling point carefully. The safest way is to conduct this stage of the work in a double porridge pan, or *bain-marie* saucepan. Egg thickening is enriched with cream or with butter, sometimes with both, for some of the superior

vegetable soups of the French school, but this can scarcely be recommended for the English table unless the other dishes of the meal are quite plain.

Melted Butter, sometimes called *White Sauce:* Failure in respect of this homely preparation—the common sauce of every household—can be traced to three errors:—the use of a substance called "cooking butter" and too little of it; the use of an inferior flour and too much of it; and a mistaken way of carrying out the work. Once for all the materials used for sauces must be of the best quality. It is by no means economical to save a fraction of a farthing in respect of an ounce of butter and spoil the sauce by so doing. For a pint of "white sauce" take two ounces of butter, divide this in halves, put one ounce aside and the other into a stewpan, melt it over a moderate fire, and add by degrees an ounce of flour in the manner just described for *roux*; when a "smooth lissom paste" has been obtained work it over a low fire for three or four minutes, but without allowing it to turn brown, then dilute it by degrees with three gills (three quarters of a pint) of luke-warm water, season with a salt-

spoonful of salt, mix vigorously until perfect smoothness is produced, and bring the mixture to the boil. Now remove the vessel from the fire, put in the ounce of butter which was saved, melt it, and mix it well, and pass the sauce now completed through a pointed strainer into the hot sauce boat prepared for it. By reserving half of the butter for *final* addition when the sauce has been mixed and brought to the boil, the flavour of butter is given distinctly to it and that objectionable pasty flour-and-watery one prevented. A French cook would probably double the quantity of butter allotted for the last addition, and no doubt improve the sauce by so doing. I have given the least quantity possible to produce a fair result. If, when it boils, a white sauce appear too thick, a little hot water should be added to it just before the putting in of the butter.

Note: It will be observed that melted butter sauce is made with water, but there is no objection to blend milk with it either in one half or one third portion: one and a half gill each, or one gill of milk to two gills of water. Whenever there is vegetable or macaroni *cuisson* avail-

able it should be used instead of water, while with "vegetable broth" for the moistening a superior description of sauce is obtained. Milk used for sauces should be boiled and strained as a preliminary measure as a safeguard against curdling. If a slight sharpness be desired the effect can be produced by lemon juice or a teaspoonful of reduced vinegar.

Reduced Vinegar: This is a most useful flavouring as well as a sharpening agent. Put two tablespoonfuls of good Orleans vinegar into a small saucepan with half a saltspoonful of salt and a pinch of white pepper; put it over the fire and boil fast until a teaspoonful only remains. The flavour that this gives to a sauce is quite different from that obtained by plain vinegar as ordinarily used, while if a teaspoonful of finely minced onion and one of parsley be put in also, and boiled with the vinegar, another good flavour is produced: strain before using.

With a pint of well made melted butter, or white sauce, you can compose the following sauces:

Sauce-au-persil (parsley sauce): Take a good handful of parsley, wash it well and throw it into

a stewpan containing fast boiling salted water, continue to boil quickly for eight minutes, then drain off the water, dry the parsley in a cloth, and put it in a mortar with an ounce of butter, pound to a paste and stir this into the sauce, instead of the ounce of plain butter just at the last before straining. Parsley sauce worked in this way is superior to that commonly made by simply adding chopped raw parsley to the melted butter. The blanching removes acridity, the pounding extracts juice and flavour, and the paste, dissolving in the sauce, turns it a nice pale green colour while little specks of the leaves are scattered among it. Sharpen with lemon juice.

Sauce verte aux herbes: Pick wash and blanch in boiling water for two minutes a handful of each of watercress and chervil with a dozen tarragon leaves; drain, dry, pound in a mortar with an ounce of butter, and pass the paste into the sauce in the manner described for parsley sauce. When chives can be got a teaspoonful of the leaves, chopped, can be blanched with the other herbs. Sharpen with tarragon vinegar.

Sauce blanche au menthe: This is a very nice variety of mint sauce which harmonizes well

with new potatoes, peas, young broad beans, flageolets, etc., etc. Follow the recipe for parsley sauce, blanching a dozen tender mint leaves for eight minutes, finish in the same way, and sharpen with a teaspoonful of reduced vinegar, adding a teaspoonful of sifted sugar.

Sauce au fenouil: Fennel sauce is another of this kind. Blanch a good handful of the herb from four to five minutes, pound and finish as explained for parsley sauce.

Sauce à l'estragon: A dozen tarragon leaves with a handful of watercress blanched for four or five minutes, drained, pounded with butter, and added to a pint of white sauce sharpened with tarragon vinegar.

Sauce au ravigote: True "*ravigote*" is composed of chervil, garden-cress, burnet, chives, and tarragon carefully picked and washed. A good handful of them all mixed in fairly equal proportions (except the tarragon, which being much stronger than the other herbs must be restricted to a few leaves) will flavour a pint of sauce, the procedure being the same as that for given *sauce verte aux herbes. Ravigote* appears also in a cold sauce to be mentioned later on.

Sauce aux fines herbes : This sauce is garnished with parsley, mushrooms, and green onions ; one ounce of the last to two each of the former is the correct proportion, and three tablespoonfuls of the mixture are enough for a pint of sauce. Having washed, dried, and minced the ingredients, melt half an ounce of butter in a small stewpan, put in the minced onion first, and stir it over the fire for two or three minutes, then add the mushroom and parsley, season with a salt spoonful of salt, and half one of white pepper, and fry all for five minutes, then empty the contents of the pan into a basin, cover with a round of buttered paper, and keep the *fines herbes* until they are required. To finish, take the quantity I have mentioned and stir it with the ounce of butter into a pint of white sauce just before serving.

Note : It is impossible to describe in a little book of this kind all the variations that are possible in respect of herb flavourings in combination with white sauce. Those indeed who restrict themselves to simple diet with vegetables would do well to study the subject of herbs, for they would discover therein a comparatively

neglected source of novelty and change. This will be discussed more fully in the chapters on Seasoning and Vegetable Cookery.

Sauce aux câpres: White sauce or melted butter can be altered in character by the addition of finely-minced pickled capers with a little of their vinegar; a tablespoonful to the pint will be found about right for most people.

Sauce aux cornichons: This is produced in the same way by adding a like quantity of minced pickled gherkins to a like quantity of sauce.

Sauce à la maître d'hôtel is made by adding an ounce of maître d'hôtel butter to a pint of white sauce instead of plain butter. Recipe for the butter will be found in the chapter on Savouries.

Sauce à la poulette: We now come to sauces in which the raw yolks of eggs appear. Make a white sauce as described, using milk and water in half proportions instead of water alone; when the time comes for finishing it break a couple of yolks of eggs in a cup, free them from germs and white, mix with them an ounce of butter warmed sufficiently to be pliant and two tablespoonfuls of the hot sauce; when

well blended remove the sauce from the fire, cool it for two or three minutes, and then stir the egg mixture into it through a strainer, plunge the vessel into a larger one containing boiling water deep enough to reach half way up the one containing the sauce, and stir over the fire as in custard making till the sauce is smooth, creamy, and thick enough to coat the spoon when it is lifted from it. In ordinary cookery this sauce is generally garnished with button mushrooms, and the mushroom trimmings are boiled in the broth with which the sauce is moistened. This is not necessary when the sauce is required for an *entremets de légume*, for which purpose it is one of the best; a slight sharpness should be given to it with either lemon juice or reduced vinegar. Made without mushrooms this sauce is called sometimes Domestic Hollandaise sauce.

Hollandaise Sauce: True Hollandaise may be described as a custard made with butter and eggs, and sharpened with vinegar. Neither milk nor flour enters into its composition. It is when properly made one of the best sauces for the superior vegetables—asparagus, fonds d' artichaut, seakale, stachys, etc. Weigh four ounces of

good fresh butter and divide it into six equal parts; in a small stewpan over a fast fire reduce two tablespoonfuls of vinegar in the manner just described; when boiled down to a teaspoonful, take it off the fire, add two tablespoonfuls of cold water to it, and two yolks carefully freed from germs and white. Set the pan on the fire again stirring well with a wooden spoon, keeping the fire low, and avoiding boiling; when well mixed take the vessel off the fire and put it into a sauté-pan containing about an inch of hot water, place this over a brisker fire and add one of the pieces of butter, melt, and using a small whisk, continue whisking until the mixture is well blended and creamy; then add another piece of butter, repeating the whisking and adding the butter until all the pieces have been used, and the sauce is of the consistence of rich custard. The process is obviously that of custard-making and can be carried out with safety in the porridge saucepan, mentioned page 35, the only difference being that the butter must be added by degrees, while the milk and eggs for a custard mixed together are put into the vessel at once.

Sauce Béarnaise: This is very like the true Hollandaise, viz.: butter and eggs custardized and sharpened, the difference being that Béarnaise must have a distinct flavour of tarragon, while a small quantity of finely minced shallot is put into the vinegar and boiled with it, thus communicating a flavour which, with the tarragon, gives the sauce its special characteristic. Béarnaise is made a little thicker than Hollandaise, the consistency being that of a good mayonnaise sauce. This is got by allowing a few extra yolks, a yolk for each ounce of butter, the proportions being: Two tablespoonfuls of vinegar reduced with a teaspoonful of shallot and seasoning, strained, two tablespoonfuls of cold water added, and four yolks well blended over a very low fire or in the double saucepan; then four ounces of butter divided into six equal parts added one by one, whisking throughout the process without ceasing. When the sauce has attained the creamy thickness I have indicated, stir into it a teaspoonful of minced tarragon.

Note that neither sauce Hollandaise nor Béarnaise can be served very hot; any attempt

at a high temperature would lead to curdling. The sauce-boat must not be over-heated. Another thing to remember is that it is never necessary to make either of these sauces in large quantity, about a tablespoonful for each guest with a little over will be found ample.

Sauce Hollandaise tomatée, and *Béarnaise tomatée*, varieties of the foregoing, are got by blending a tablespoonful of conserve of tomato with two gills of the sauce at the end of the operation. The conserve can be produced by reducing a good tomato sauce of a bright colour till it coats the spoon. See later on.

Dutch sauce as prepared in Holland, or *beurre fondu*, by some considered the veritable *Hollandaise*, is butter plainly melted in a saucepan, flavoured with a pinch of white pepper, two of salt, and the squeeze of a lemon; this is allowed to settle off the fire, and is then poured free from the sediment at the bottom of the pan into a hot metal sauce-boat. No sauce is more appreciated with asparagus, seakale, celery, beans, celeriac, cardoons, salsify, globe artichokes, &c.

The proportions—to be doubled, of course, if necessary—are: For four ounces of butter, two

small saltspoonfuls of salt with one of white pepper, and one tablespoonful of lemon juice. A tablespoonful is enough to allow for each portion, and the plates should be really hot. A teaspoonful of reduced vinegar may be used instead of lemon juice.

Note that the saucepan should be removed from the fire before the butter has quite liquefied. The heat of the saucepan will complete the melting. This is necessary to preserve the creaminess of the butter, which would be lost if it were allowed to assume the consistency of oil over the fire.

Next let us consider those excellent sauces which are made with vegetable *purées*, or with which vegetables are incorporated, one of the most useful of which is:

Sauce soubise: Mince as finely as possible a pound of Spanish onions, plunge the mince into a saucepan containing boiling water, and boil fast for three minutes, then drain, dry it well in a cloth, and having melted two ounces of butter in a stewpan, put into it the minced onion, set this over a very low fire, season with salt, white pepper, and mace, and, stirring every

now and then, fry gently until the onion begins to turn slightly yellow by which time it should be soft, then dredge in by degrees a tablespoonful of flour, mixing it well with the onions and butter; now moisten gradually with warm milk or with vegetable broth or good vegetable *cuisson* blended with milk in half proportions, using three gills in all; increase the heat when this has been done, and allow the contents of the pan to come to the boil, simmer fifteen minutes adding milk if necessary to correct the consistence, and pass all through the hair sieve. To complete the sauce put the *purée* into a clean stewpan, warm it, add a tablespoonful of cream, and serve. If this has to wait, keep it in the *bain-marie* covered up.

Note: A plainer version of this sauce can be made in this way. Mince and blanch the onions, drain, and dry them as in the foregoing, then put them into a stewpan with sufficient milk to cover them well, season in the same manner, let this come to the boil, and then simmer gently till the onion is soft enough to pass through the sieve easily. Now mix a teaspoonful of corn flour in a cup with a gill of

warm milk, increase the heat under the vessel containing onion, and as it approaches boiling stir into it the contents of the cup through a pointed strainer, let the whole boil, stirring well, and then pass it through the hair sieve. Complete as in the first case, adding cream or not according to desire.

Sauce tomate: This is another standard sauce which is valuable both alone and in combination: Weigh a pound and a half of ripe tomatoes, pick off their stalks, wash, dry, and slice them up, skin seeds and all. Also mince very finely two ounces of onion. Put an ounce of butter into a stewpan, melt over a moderate fire, put in the minced onion and fry gently for five minutes, then add the cut up tomatoes with an *uncut* clove of garlic, a teaspoonful of dried basil in a muslin bag, a teaspoonful of sifted sugar and a seasoning of black pepper and salt; cover the pan and allow its contents to cook gently for ten or twelve minutes, then remove the cover, increase the heat under the vessel, boil, and stirring well, reduce some of the wateriness of the tomatoes; now pick out the bag and clove of garlic and pass the rest through a hair

sieve. Put the purée thus obtained into a stew-pan, slightly thicken it over a moderate fire with *beurre manié* [a dessertspoonful of flour kneaded with a similar quantity of butter], let it come to the boil and serve.

Note: If a tomato sauce be a little too thin it is always better to get the proper consistence by reduction rather than by additional thickening which lessens the flavour and lightens the colour of the sauce. A fair substitute for the sauce I have given can be obtained with preserved tomatoes—a similar weight being used—provided that the recipe be carried out in all other respects exactly.

Conserve de tomates is easily produced by boiling down the *purée* as is done in fruit preserving for damson cheese. When thick enough to coat the spoon (with which it must be stirred without ceasing) it can be cooled and put into wide mouthed bottles. In this form it becomes a valuable cook's assistant in sauce making whether for use by itself, or in other sauces as an adjunct. It well repays the trouble of preparation, and should be made in the autumn when the fruit is plentiful.

Sauce soubise tomatée: This is a combination of *sauce soubise* with *sauce tomate*, two thirds of the former to one third of the latter. Mix well and serve.

Sauce Milanaise: Having made a sauce in the manner described for *soubise* sauce, but with half the quantity of onions, stir into it by degrees in the finishing stage a tablespoonful of finely grated dry Parmesan or Gruyère per gill, and complete (if liked) with a spoonful of cream. For *Milanaise tomatée* mix two gills of *sauce Milanaise* with one of *sauce tomate*.

Sauce au céleri: Split half a head of good-sized celery, wash, dry, and mince it. Mince also three ounces of Spanish onion, blanch and dry this as if for *soubise*. Melt an ounce and a half of butter in a stewpan over a moderate fire, put in the minced onion, and fry gently without colouring for five minutes, then add the celery with a seasoning of pepper and salt, and continue the frying until a pale yellow tint is perceptible; next moisten by degrees with three gills of warm milk, bring to the boil, and simmer with the lid on very gently until the vegetables are perfectly soft; then pass all through a hair sieve

into a bowl. Now mix a *roux* in a stewpan over a low fire with half an ounce of butter, and half an ounce of flour, and when well mixed commence moistening it gradually with the contents of the bowl, stirring well, and blending a gill of milk with the *purée* as you go on. When this has been done increase the heat under the stewpan and allow its contents to reach boiling point, stirring well throughout. After this the sauce should be passed through a pointed strainer into a small saucepan, which should be kept covered in the bain-marie till the sauce is required.

Note: With celeriac (the turnip-rooted celery) this sauce can be made with perhaps greater facility, for the root when cooked is more easily passed through the sieve than the stalks.

Sauce au concombre: Following the recipe for celery sauce a nice sauce can be made with cucumber; wash, dry, and slice it, skin and all, fry with the minced onion, continue and finish in the same manner. *Purées* of peas, beans, sorrel, Jerusalem artichokes, etc., which will be spoken of in the Chapter on Vegetables, can be utilized in vegetarian cookery with good effect as sauces.

It is now as well to speak of *Brown Sauces*. For these a good red lentil or red haricot bean broth forms the best basis—made as explained for *bouillon* page 41. At the same time it should be noted that with the assistance of caramel or Parisian essence a sauce made with light-coloured stock, vegetable *cuisson*, or even milk can be turned brown without trouble. The foundation brown sauce of superior sauces in general cookery, of course, is Espagnole, which may be described as a sauce made upon a strong broth basis and seasoned but *not* highly flavoured. Flavouring is reserved to give the special character demanded by the occasion—truffles in *sauce Périgueux*, *fines herbes* in *sauce d'Uxelle*, reduced white wine with tomato conserve in *sauce Provençale*, red wine and mushrooms in *Bordelaise*, etc., etc. In vegetarian cookery it is perfectly easy to work exactly on these lines—to compose an *Espagnole maigre* as a foundation sauce, and produce various distinctly featured sauces with it as their basis.

Sauce Espagnole: Having prepared a pint of *bouillon* and strained it free from all sediment, mix a *roux* in a stewpan over a moderate fire, using an ounce of butter and a little more than

an ounce of flour; when this is well mixed keep it over a very low fire, stirring it now and then, so that it may cook thoroughly and become browned. When this colouring has been obtained begin to moisten by degrees with the *bouillon* incorporating the liquid with the *roux* smoothly before each addition; when the whole of the broth has been expended, increase the heat, and stirring without ceasing, bring the contents of the pan to the boil, skim, reduce till it coats the spoon, colour, if need be, with Parisian essence or caramel, and pass through a fine strainer into a bowl; set this in a cold larder and use as required.

Caramel: Put a quarter pound of powdered white sugar into a small saucepan; set it over a low fire, and stir it with a wooden spoon till it is melted; then after it has reached a very dark chocolate brown tint, add a pint of warm water to it, set it to simmer for twenty minutes, skim it, let it get cool, strain, and then bottle and cork it down for use. A few drops of this should be put into the sauce when it is all but finished. Care should be taken to prevent the *caramel* burning: if it turns black the preparation is spoiled.

But this troublesome process can be avoided by the purchase of a small bottle of Parisian essence. A very little of this preparation should be used in the manner just mentioned. All grocers and stores now provide this useful ingredient. I do not recommend the use of *pastilles de légumes*—little balls of colouring matter sold in tins—for they impart a flavour of liquorice.

Note: It is scarcely necessary to point out that foundation sauces made upon vegetable broth bases are more easily affected by hot weather than those composed with meat broth. Judgment must therefore be exercised in respect of keeping them over twenty-four hours. Reboiling is a safe precaution, and placing them in a refrigerator another.

Sharp Sauces: The following sauces will be found very useful for service with made cutlets, *boudins*, *croquettes*, &c, which being naturally somewhat insipid require the assistance of something slightly pungent.

Sauce piquante: In a small saucepan over a fast fire reduce four tablespoonfuls of vinegar with half an ounce of finely minced shallot or

onion until one tablespoonful remains. Put three gills of *espagnole* sauce into a stewpan, warm it over a moderate fire, stir in the reduced vinegar and shallot, bring to the boil, simmer ten minutes, add a dessertspoonful of minced pickled gherkins and one of parsley, and serve in a hot sauce boat. This sauce is not strained.

Sauce poivrade: Boil together in a small saucepan one gill of vinegar, half an ounce of mixed onion, an ounce of minced parsley, a seasoning of thyme and marjoram, a small teaspoonful of white pepper, and half one of mace, and when the vinegar is reduced to half a gill stir the contents of the saucepan into three gills of *espagnole*, bring this to the boil, and simmer ten minutes, then pass the sauce through a pointed strainer into a hot sauce boat.

Sauce Italienne; For this a gill of white French wine (chablis sauterne or graves) must be reduced in a small saucepan till half a gill remains; this should be stirred into three gills of *espagnole*, garnished with two tablespoonfuls of d'Uxelles (Chapter VI.) and served in a hot sauce boat.

Sauce Robert: Proceed as for *Sauce Italienne*

but boil with the wine half an ounce of minced shallot, and finish with a dessertspoonful of made mustard mixed with the same quantity of tarragon vinegar; pass through a pointed strainer before serving.

Sauce Matelote: Put a gill and a half of claret or burgundy into a small stewpan with three ounces of minced onions, a bouquet of herbs or a teaspoonful of dried herbs; bring to the boil, and simmer till the onions are done; then pass the wine through the pointed strainer into three gills of *espagnole.* Boil up and then simmer ten minutes, again passing the sauce through the strainer into a hot sauce boat to finish it.

Sauce Bordelaise: Make a decoction in the same way as for sauce matelote, but add to the onions three ounces of minced mushrooms, with a tablespoonful of minced parsley. Blend this with three gills of sauce *Espagnole*, boil up, simmer, and strain through a pointed strainer into a hot sauce boat.

Note: A tinned utensil must not be used when red wine is blended with a sauce for the metal produces a purplish colour. An enamelled or glazed earthenware vessel should be chosen.

Sauce Madère: Add a gill of madeira (or marsala quite as good) to three gills of *Espagnole*, boil up, simmer, and strain.

Sauce Provençale: For this proceed as for Bordelaise, substituting white French wine for the red; pass the decoction into three gills of *Espagnole*, add four ounces of sliced tomatoes, boil up, simmer fifteen minutes, and pass through a hair sieve; warm up again before serving, garnishing with a full tablespoonful of minced olives.

Sauce Périgueux: To a pint of sauce Madère add two tablespoonfuls of preserved truffles cut into small dice. Keep the sauce in the bain-marie for half-an-hour before serving.

Other variations of brown sauces will be given in the menus.

Nut Sauces are among the best within the reach of the vegetarian cook, and now that the selection of nuts is large, and their dietetic value appreciated, particular attention should be given to these recipes.

Sauce aux pignons (pine kernel sauce): Wash carefully and dry with a clean cloth three ounces of the kernels (called "pignolia nuts" at the

Stores). Chop them up as small as possible, and put them into a sauté-pan with a dessert-spoonful of finely minced onion, and an ounce and a half of butter; fry over a moderate fire, seasoning with salt, white pepper, and mace: when beginning to turn a biscuit colour, empty the contents of the sauté-pan into a mortar, and pound them well to a paste: next make a light *roux* with half an ounce of flour and an ounce of butter, and when well mixed commence diluting it with milk and nut paste alternately, by degrees, stirring well until half a pint of milk and all the paste have been used; bring to the boil to test the consistency, finish with a tablespoonful of cream, and serve in a hot sauce boat. If on coming to the boil the sauce appear too thick add a little milk before putting in the cream.

Cashu-nut sauce: is made in the same way. Clean the nuts, removing all bits of brown skin that may be found adhering to them, then cut up or pass them through the grating machine, and proceed as explained for pine kernel sauce. These nuts are sometimes referred to in the fruiterer's lists as "cashew nuts," they are gener-

ally to be got by the pound or less at the Stores, being imported from India frequently.

Almond sauce: Can be made in a similar manner either with whole sweet almonds or prepared "ground sweet almonds." If in the former condition they must be scalded, peeled, dried, and minced or passed through the grating machine, after which the process is that described for pine kernel sauce. The salted almonds sold for service with dessert can be utilized also for sauce making.

Chestnut sauce (white): Weigh, after peeling, scalding and removing their inner skins, six ounces of chestnuts, mince with an ounce of onions and fry them as explained for pine kernels; then dilute with three gills of milk which have been boiled and strained; boil up and simmer till the chestnut mince will pass easily, then press it through a hair sieve. Blend the pulp with half an ounce of *roux*, boil up, take off the fire, stir in a gill of cream and serve.

Chestnut sauce (brown): Fry the minced chestnuts as in the foregoing with the minced onion, but let them take a light brown colour, then dilute with one gill of claret and three of

Espagnole sauce, bring to the boil, simmer till the chestnut mince is soft, and then pass all through the hair sieve: warm up again, and serve in a hot sauce boat.

Instead of the claret and *Espagnole* the mince may be diluted with three gills of vegetable broth, smoothly blended with half an ounce of *roux*, and finished with a tablespoonful of marsala. Or the wine may be omitted altogether. The seasoning of chestnut sauces should be simple, for their flavour is very delicate —salt and white pepper without spices can be recommended.

Bread sauce: This may be put in the same class with nut sauces for there is at all events a distant relationship between them. The backbone of bread sauce is the *flavouring of the milk* with which it is made, to begin with. Take a three-ounce onion, peel off the outside skin, blanch it for five minutes in scalding water, then cut it into quarters, and put them, with a dozen peppercorns, six cloves, or a blade of mace, or a saltspoonful of grated nutmeg, and two of salt, into a saucepan containing half a pint of good milk. Put this over a moderate

fire and watch it carefully, for milk boils up so rapidly that you may be taken by surprise. Remove the pan as soon as the surface of the milk looks frothy: let it cool a little, and replace it, continuing the operation until the flavour is extracted, adding a little milk from time to time to make good the loss by evaporation. Now, strain it off through a piece of muslin into a clean saucepan, and proceed to get ready some stale, finely sifted white crumbs that have been dried in the oven and pounded. As the time of service approaches, skim, bring the milk to the boil, and stir into it, off the fire by degrees sufficient crumbs to bring the mixture to the consistency of an ordinary *purée*, but not any thicker. Finally, finish it off with a good tablespoonful of *cream* just before serving. In the absence of cream the yolk of one egg, beaten up in a little warm milk till it looks creamy, may be added, *off the fire*, just at the last, but this is a case in which cream should be used if possible.

It is necessary to reserve the addition of the crumbs till the period I have indicated, and to stir them in *off the fire*, in order to preserve a

certain amount of granulation. You do not want a *pulp* of bread and milk, but a sauce in which the presence of the crumbs can be recognised. If the sauce be mixed early and set in the *bain-marie* the crumbs become sodden and absorb so much of the milk that the consistence is spoilt. Much the same effect is produced by heating the sauce over the fire with the crumbs in it. Observe that the crumbs are passed by degrees into the milk, the milk ought not to be poured over the crumbs. When the latter method is adopted it often happens that the milk being insufficient for the amount of crumbs prepared, the sauce produced is far too thick.

If granulation is not particularly desired, a smooth creamy purée can be produced in this way. Blanch in scalding water and boil till tender a two-ounce onion. Let it get cold. Put half a pint of milk on the fire and gradually thicken it with bread crumbs, add the cooked onion, and pass all through a hair sieve. Heat up in the *bain-marie* and finish just before serving with the cream. The seasoning should be regulated at discretion as some do not like spice. If liked it should be stirred in while the purée

is being made; powdered cloves, cinnamon, mace or nutmeg are all suitable.

Finding a cook in difficulties one day with fresh spongy crumbs with which she could not get a presentable sauce, I emptied the contents of the saucepan into a bowl, and whisked the mixture until it was as smooth as cream, added a boiled onion to it, passed all through a hair sieve, finished with cream, and produced a very good sauce.

Note: It is a mistake to attempt this sauce unless you have all the ingredients at your command. *There can be no evasion of the milk.* Water at once produces a bread poultice. Half a pint of good milk with as much crumb as it will take up without being too "porridgy" yields enough sauce for six people.

Cold Sauces

The following cold sauces have been selected and adapted from those given in my little book "*Picnics and Suppers.*"

In respect of cold sauces an invariable rule must be observed—be sure that they *are* cold. That is to say, if the dish to which it appertains has been made cold in the refrigerator, the sauce must be of the same temperature. A sauce that has been kept in the larder on an ordinary summer day will appear almost warm if handed in its natural condition with an ice-cold *entrée.* All ingredients for the mixing of cold sauces, especially of those in which such materials appear as salad oil, eggs, or cream, must be as cold as possible. Failure in the proper thickening of a *mayonnaise* sauce is often caused in summer by the warmth of the materials, the basin in which they are blended, and the room in which the work is done. If the weather be at all hot it will be found a good plan to mix a *mayonnaise* sauce in the larder, to set the basin in which it is to be mixed in crushed ice for a quarter of an hour before operations are begun, to measure the oil according to requirements and put it in ice also for ten minutes—just long enough for it to become cold but not cloudy.

As soon as it is made, a cold sauce should either be set in the refrigerator or kept in a

basin of crushed ice. Cream that has to be whipped should be treated in the same way. Dubois recommends that it should be kept in ice for twelve hours before being used. These precautions insure success and reduce work to a minimum, for cold oil and cream become stiff with whipping very quickly. It need scarcely be added that all materials used in cold sauces should be of good quality, eggs, butter, cream, oil, vinegar, etc., for the presence of inferior ingredients is more readily detected in cold than in hot sauces.

Taking the *mayonnaise* group first, I recommend that the plain sauce of that name be kept as simple as possible as a *foundation* sauce, variety being obtained by mingling different flavours and garnishes with it.

1. *Plain Mayonnaise Sauce.*—Having everything cold as already explained, put two yolks of fresh eggs into a bowl or soup plate with a salt-spoonful of salt, stir with a plated spoon, gradually adding—*drop by drop* at first—cold salad oil; as you see the mixture gradually thickening, begin to increase the doles of oil a little in quantity until you have used half a pint of it.

The two eggs will thicken from eight to ten table-spoonfuls of oil without difficulty. When this has been done, add a table-spoonful of the best French or Italian vinegar, such as Bordin's *Vinaigre d'Orleans.* Correct if more salt be considered necessary, and having put the sauce into a cold sauce-boat keep it over ice or in the refrigerator until required. After the signs of thickening are satisfactory, the spoon may be exchanged for a small whisk, which expedites the work and produces a fine thick sauce.

Observe that no mustard is used in this, nor any aromatic vinegar or special flavour. These will be found in the following varieties which have been calculated for the half pint of plain sauce:

2. *Sauce mayonnaise à l'estragon.*—Use tarragon vinegar instead of Orleans, and garnish with a tea-spoonful of finely minced tarragon leaves.

3. *Sauce mayonnaise aux herbes.* Scald, drain, dry on a cloth, and mince finely chervil, chives, parsley, and watercress in equal portions, making a table-spoonful in all when minced, and stir this into a plain *mayonnaise* sauce.

4. *Sauce mayonnaise verte.*—Put half an ounce each of parsley, watercress, and chervil, all care-

fully picked, into boiling salted water, and boil for seven minutes; drain, pound, and then pass the pulp through a hair sieve. Mix this into an ordinary plain *mayonnaise* sauce, thus turning the colour of the latter to a nice apple green—a darker tint is not desirable.

Note.—Tarragon is omitted in the two last sauces on account of its strong flavour which quite overpowers those of any other herbs with which it may be associated.

5. *Sauce mayonnaise à la ravigote.*—To be correct *ravigote* should be composed of chervil, burnet, chives, garden-cress, and tarragon—prepared as the herbs in *mayonnaise aux herbes*—all in equal portions except the tarragon, two leaves of which will suffice if blended with a teaspoonful each of the other herbs. This mixture should be added to a plain *mayonnaise.*

6. *Sauce Mayonnaise à la Tartare.*—Mustard should in this case be worked into the sauce in a dry state to begin with, a good tea-spoonful of the powder being about enough. The garnish should be that given for No. 3, with a dessert-spoonful of finely minced gherkins or capers, shallot vinegar taking the place of Orleans.

7. *Sauce Mayonnaise à la Rémoulade.*—Mixed French mustard (*moutarde de Maille* the best) is an essential feature in this sauce. One table-spoonful of it should be allowed for the quantity of *mayonnaise* sauce given in the recipe for plain *mayonnaise;* while to the garnish composed of pounded herbs as explained for *mayonnaise verte* five or six pickled gherkins cut into little squares should be added.

Note.—It is customary to speak of the three last sauces as *sauce ravigote, sauce Tartare,* and *sauce rémoulade.* As, however, each of them is composed upon a *mayonnaise* basis, I think that directions are simplified by keeping them under that head.

8. *Sauce Mayonnaise au Raifort.*—For this simply add to a plain *mayonnaise* sauce in quantity as given in the recipe two table-spoonfuls of very finely grated horseradish.

9. *Sauce Mayonnaise aux Poivrons doux.*—When ripe capsicums are procurable an uncommon flavour as well as a red colour can be communicated to a *mayonnaise* sauce by mixing into it the pounded fleshy part of the skin of one or two capsicums according to taste. A good

table-spoonful of the *purée* should be about enough.

10. *Sauce Mayonnaise collée.*—is made without eggs, Dubois' recipe being as follows: Put half a pint of liquefied aspic jelly in a bowl over ice, and as it begins to set, beat into it with a whisk in very small quantities at a time about a gill of salad oil. The mixture will soon form, when additional oil may be whisked into it according to the quantity required. After this has been done the sharpening with vinegar must follow with a sprinkling of finely chopped herbs, and a table-spoonful of cream if liked.

11. *Sauce Mayonnaise à l' 'arrow-root.'*—Another variety thickened with arrow-root is given by the same author. Make a breakfast-cupful of very smooth and rather thick arrow-root with water in the ordinary way. Let this get cold in a bowl over ice. While cooling season it with a salt-spoonful of salt and one of mustard powder; next add to it the yolks of three or four fresh eggs one by one, using a whisk for the work; then begin to drop in salad oil in the usual manner followed in making *mayonnaise* until the desired quantity of sauce has been made·

Finish with vinegar, etc., as in the previous recipe.

Notes on Mayonnaise sauces.—The yolks of hard-boiled eggs are often used to add to the volume and consistence of *mayonnaise* sauces. Two hard-boiled yolks to two raw would be a fair allotment for a pint of sauce, but the true creamy thickening depends upon the raw yolks, the oil, and the very small quantities of oil which are added to the eggs at the commencement of the operation. The words "drop by drop" actually describe the process. Be very careful when adding vinegar: marked acidity in *mayonnaise* sauces is a mistake. Finely minced chives or green stem of onion may be stirred into a *mayonnaise* sauce, but after marinading for half an hour the "onion atoms" should be strained off.

Another useful series of cold sauces specially nice with cold cooked vegetables can be made on a cold savoury custard foundation, of which a simple form of *Hollandaise*, may be chosen as a *sauce mère*. By "simple" I mean one made with milk and yolks of eggs instead of butter and yolks, which is, of course, the true combina-

tion for a hot *Hollandaise*, but owing to the quantity of butter used not suited for service cold.

Cold Hollandaise: (without butter).—Make a rich savoury custard with half a pint of milk and four yolks of eggs; season it with salt, white pepper, and a dust of Nepaul pepper. Set it aside in a bowl on ice to get cold, and make the following sharpening mixture: Put a gill of French vinegar into a little saucepan, with a teaspoonful of minced onions and a pinch of salt, boil fast till about a liqueur-glass remains strain this off, and when cold whisk it drop by drop into the cold custard. Half a pint of chablis similarly reduced, strained, and cooled gives a pleasant flavour and slight acidity.

Cold Béarnaise.—For this sharpen the custard with chablis and vinegar in equal proportions, reduced as above, and garnish with a teaspoonful of finely minced tarragon.

Cold Béarnaise tomatée.—Make the sauce just given, and add two table-spoonfuls of tomato *purée* to finish with.

Cold Maître d'Hôtel Sauce.—Can be obtained by sharpening a plain *Hollandaise* with lemon juice and garnishing with parsley. The parsley

should be scalded in boiling water eight minutes, drained, dried and pounded as already explained for parsley sauce.

Sauce Mousseline.—This sauce may be described as *Hollandaise* whipped in a bowl when cold with a similar quantity (say one gill each) of whipped cream until a frothy consistence is obtained. *Sauce Mouseline* is much liked with all cold vegetables of a superior kind—sea-kale, asparagus, peas, artichokes, etc.

Sauce Niçoise.—Melt an ounce of butter in a stew-pan over a moderate fire, then stir into it a tablespoonful of finely minced onion, a dessertspoonful of minced celery, and the same of parsley; season with a teaspoonful of powdered dried basil, salt, and white pepper; fry, and when softened but not coloured, moisten with three gills of thin tomato *purée*, stir well, and bring to the boil, skim, then pass through a hair sieve into a bowl and add two gills of *Hollandaise*, and one of cream; whisk all together over ice and serve very cold.

Sauce Suèdoise.—Put ten ounces of minced apples, weighed after peeling and trimming them, into a small stewpan, moisten with a

claret-glassful of chablis, sauterne, or hock, season with salt and white pepper, and stir over a low fire until the moisture is gradually absorbed; now pass the apples through a hair sieve into a bowl, when quite cold add an equal quantity of finely rasped horseradish, and finish by stirring in by degrees half a pint of plain *mayonnaise* sauce. Keep the bowl over ice or in the refrigerator till required.

Sauce à la Seville.—Pare off the rind of three oranges as finely as possible avoiding all of the white skin, and the same of one juicy lemon. Put the peelings into a small saucepan with a pint of boiling water, boil briskly for seven minutes, then drain, and, putting the peelings into a mortar, pound them to a paste. Now wipe the saucepan and put half a pound of red-currant jelly into it with a gill and a half of claret Burgundy or port wine and the peelings paste; melt the jelly in the wine and then pour it off into a bowl; when cool add the juice of the three oranges and that of the lemon, seasoning with a salt-spoonful of salt and half one of Nepaul pepper. If the oranges are very sweet a little extra lemon juice should be put in.

Sauce froide à l'Anglaise.—Stir over a low fire half a pint of apple purée (not sweetened) with a claret-glassful of cider until the moisture has been exhausted, add to it a tablespoonful of horseradish raspings; season this with salt and white pepper. Stir the mixture in a bowl over ice as you pass into it the juice of two oranges. Finally whisk it with two gills of plain *Hollandaise* sauce.

Sauce Vinaigrette.—Put into a soup-plate a dessertspoonful of French mustard, a saltspoonful of salt, and half one of pepper; moisten with salad oil by degrees, using a fork and adding a teaspoonful of tarragon vinegar to eight of oil. About double this measure will be enough. Garnish with a tablespoonful of minced parsley, chervil, and chives or green stem of onion mixed in this proportion: two teaspoonfuls of the parsley and one each of the other two. An additional garnish may be added in the form of one hard-boiled egg, granulated by being pressed through a wire sieve. This should be scattered into the sauce to finish with.

Wyvern's Cold Devil Sauce.—Melt an ounce and a half of butter in a small stewpan over a

moderate fire, put into it three ounces of finely minced red shallot; fry gently adding the minced skin of two green chillies or of one fair-sized capsicum, and a teaspoonful of rasped green ginger. When the shallot has browned lightly, moisten with half a pint of good broth, half a pint of claret, and a tablespoonful of chilli vinegar; stir in while this is heating a table-spoonful of chutney (Vencatachellum's tamarind for choice) and a teaspoonful of sugar or red-currant jelly. Boil up, skim, simmer for fifteen minutes, and strain. When cold, remove any scum that may have risen, and serve as required.

English Salad Sauce.—Boil three eggs hard, *i.e.* quite fast for a quarter of an hour; then put them into a bowl of cold water, and when quite cold, shell them, cut them in halves, remove the yolks, which put into a cold soup-plate, and save the whites for garnish. Proceed with the back of a silver-plated spoon to bruise the yolks, mixing with them a salt-spoonful of salt, half one of white pepper, and a dessert-spoonful of made mustard; add a few drops of salad oil to this just to make it into a paste; now break in one raw yolk and commence working into it with a fork,

drop by drop, oil as explained in making *mayonnaise* sauce until half a pint has been used. By this time if the oil has been added patiently the sauce will be smooth, thick, and creamy; add next a table-spoonful of tarragon, shallot, elder, or herbs vinegar as may be desired, or plain Orleans vinegar with a dessert-spoonful of finely minced tarragon, chives, or other aromatic herb. Some put in a tea-spoonful of finely minced green salad onion to start with, in which case it is advisable to pass the sauce, when finished, through a strainer, since all do not like eating pieces of onion, though not objecting, perhaps to a slight flavour of the bulb.

Note.—Observe that there is no *sugar* in this recipe. The curious practice of sweetening salad appears to have arisen from an excessive use of common vinegar which needed a corrective. This will be remarked upon in the Chapter on salads.

Cold Asparagus Sauce.—equally applicable to cold *fonds d'ártichaut*, mixed cooked vegetables (*macédoine*), French beans, *stachys Japonnais*, sea-kale, celery (cooked), salsify, etc.—A gill of

English salad mixture (half quantity as above) mixed with two gills of plain *Hollandaise*, the two sauces beaten together with a whisk in a bowl over ice.

Mint Sauce.—The proportions for this may be fixed as follows: One gill of Orleans vinegar, half the same measure of water, and two table-spoonfuls of powdered sugar mixed with three table-spoonfuls of finely chopped mint. Pick the mint leaves as young and fresh as possible, wash, blanch in boiling water, for six minutes, drain, and dry them, mince and add without delay to the vinegar, etc.

Herbs Sauce.—Something like the foregoing with this difference: reduce the sugar by half, and instead of mint put into the liquid a dessert-spoonful each of finely minced chervil, chives or green stem of onion, marjoram, rose-mary, and basil. Infuse for two or three hours.

Note.—These two sauces may be made on a larger scale and kept bottled for use, as they keep very well. Both can be made in the winter with dried mint or herbs as the case may be.

Tomato Relish.—Melt an ounce of butter in a stewpan over a moderate fire, put into it a

dessert-spoonful of finely minced shallot, a clove of garlic *not cut*, a dessert-spoonful of grated green ginger, and the finely minced skin of two scarlet chillies or of a ripe capsicum; fry together for five minutes, and then stir in two pounds and a half of ripe tomatoes of as rich a colour as possible, coarsely cut up, seeds, juice, and all. Continue the frying, during which the tomatoes will soften to a pulp and produce quite enough moisture for our purpose. Now add a dessert-spoonful of vinegar reduced from a gill as explaiued for *Hollandaise*, season with a good teaspoonful of salt, a salt-spoonful of black pepper, and a tea-spoonful of minced sweet basil, boil up pick out the clove of garlic, and then pass all through a hair sieve into a basin. When cold remove any butter that may have risen. The next step is to reduce the purée to a consistence about as thick as conserve of tomato, so return the composition to the stewpan, boil up fast, and reduce by fast boiling, stirring unceasingly, till the desired condition is produced, setting it to get cold again.

CHAPTER V

Garnishes, etc.

THE important part played by garnishing in the preparation of food for the table is a subject which requires special consideration. To make matters clear it is necessary to begin with to mark out a very broad boundary line between garnishing and ornamentation. Whereas the latter is a practice most earnestly to be condemned except perhaps in confectionery and certain sweet dishes, the former is a part of the cook's work demanding the most careful study and attention. The garnish, let it be understood, is part and parcel of the dish with which it is associated, a thing *to be eaten with* that dish, often indeed providing the very feature from which its name is derived.

The family of garnishes is a large one comprising vegetables specially trimmed, very carefully cooked, and neatly arranged; *fleurons* of puff pastry, savoury biscuits, and *croûtons; bouchées, croustades*, and *croûtes creuses* containing delicate *purées* and *salpicons; nouilles, spaghetti*,

and various Italian pastes dressed in different ways; *tartelettes*, *ravioles*, and *pailles au Parmesan*, *risot*, and rice in some particular manner; *petites croquettes* and *rissolettes*—all things which should be well within the reach of the domestic cook; inexpensive, and merely requiring patience, care, and just a little trouble.

Croûtons.—These are continually required as garnish for vegetable soups. Out of a loaf of bread one day old cut slices one third of an inch thick, cut these into strips one third of an inch wide, and out of them cut little portions one third of an inch long, thus obtaining a number of little squares one third of an inch in measurement. Dry these in front of the fire or in the mouth of the oven for five minutes, then put them into a *sauté*-pan and fry them in clarified butter over a moderate fire; stir with fork till golden brown, then drain, dry, and keep hot for service. Directions in respect of frying will be found in Chapter VII.

Croûtes.—The slice of bread in this case should be cut into heart or kite shapes two inches long and one and a half across in the widest part. Fry in the same manner.

Canapés.—Should be similarly cooked; they ought to be oblong in shape, measurements as given for *croûtes.*

Croûtes creuses.—The bread for these must be a day old, that of a sandwich loaf for choice Cut it in slices five-eighths of an inch thick, and out of these stamp rounds two inches in diameter with a plain cutter. Next, with a one and a half inch cutter, stamp an inner circle, pressing it into the bread three-eighths of an inch deep, and leaving a quarter of an inch margin all round. Fry the rounds in clarified butter as in the foregoing case, and when of the right colour, take them out, cool, and using a small pointed knife, scoop out the centre of each round as marked by the inner ring. This will come away quite easily, leaving a hollow case to be filled with any savoury mixture, which should be arranged, in dome shape, neatly, and garnished tastefully.

Croustades for garnish.—Weigh three ounces of the best flour, place it in heap on a pastry slab, make a hollow in its centre and mix into it the yolk of a fresh egg; add an ounce and a half of butter and the same weight of dry, well-powdered Parmesan cheese, knead lightly, get-

ting the necessary moisture to form a lissom paste with about a gill of cold water. Roll this out thin—not thicker than a penny—and use it for the linings of *bouchée* moulds, pattypans, coquilles, *bâteaux* moulds, etc., with any of which an effective garnish can be produced. Butter the little moulds, lay in the paste, and press it closely, cutting it neatly round the rims of the moulds, prick the paste with a fork, and spread over the insides a lining of buttered tissue paper, fill the hollows with flour or raw rice, and bake in a moderate oven. Let the moulds cool when they are done, then shake out the flour or rice, remove the lining papers, and turn out the little croustades.

Notes.—(1) It is advisable to defer the filling of pastry cases, whether for hot or cold service, until just before they are wanted. Any moist preparation, *purée*, *salpicon*, etc., will cause the paste of the *croustades* to become sodden if left resting for any time in them.

(2) *Croustade* cases made as above may be kept for several days in empty biscuit tins and thus be ready when wanted to meet an emergency.

(3) If rolled out three-eighths of an inch thick and cut into strips, this paste makes excellent cheese straws, and, if stamped out in rounds an inch and a half in diameter, very useful biscuits for savoury service, or garnish for vegetable *entremets*.

(4) The cheese may be omitted, in which case half an ounce of flour extra should be added.

Fleurons.—These are fancy shapes, leaves, crescents, etc., stamped out of puff paste, and baked in a moderate oven. They are used to garnish vegetable *entremets* and *entrées* in the same way as croustade biscuits (No. 3).

Custard à la royale.—Break four yolks of eggs into a bowl, removing the germs; mix into them a gill of clear cold *bouillon* or vegetable broth, season with half a salt-spoonful of salt, and strain. Butter a plain half-pint charlotte mould, pour in the mixture, and poach gently in this manner: Fold a sheet of kitchen paper in four and lay it at the bottom of a shallow stew-pan; pour in sufficient water to reach half-way up the outside of the mould; put this over a brisk fire, and when boiling take it off, cool

for a minute, put the mould into it upon the paper, and replace it on the fire; allow the water to come to the boil again, and then at once reduce the heat to simmering; cover the pan closely, and carry on the cooking very gently for twenty-five or thirty minutes until the custard has become very stiff. Let it now get nearly cold in the mould, then turn it out, and use as may be directed.

Vegetable Custards à la royale are made exactly in the same way, thus producing firm custards of various colours for the garnishes of clear soups. The proportions should be: One gill of carefully made *purée* of vegetable, two gills of clear broth, two whole eggs mixed as for an omelette; season with a salt-spoonful of salt and a pinch of mace. Strain this through a hair sieve when mixed, put it into a plain charlotte mould well buttered, and poach gently until firmly set. Let it get nearly cold in the mould before turning it out for garnishing purposes. The following will be found useful: Globe artichoke or asparagus *purée* assisted with a little water-cress or spinach greening; green pea, French bean, and spinach; tomato, and carrot (red); turnip, Jerusalem-

artichoke, sea-kale, and cauliflower (white); mushroom (brown).

Note.—These custards may be improved with a dessert-spoonful of cream if liked, which should be stirred into the mixture before poaching it. They may be put also in larger quantity in border moulds, set very firmly, and served with their hollow centres filled with *ragoûts*, etc., hot, and with various salads, *mayonnaises*, etc., cold.

Cheese custard a la royale.—The proportions for this are a gill and a half of milk, two whole eggs, a table-spoonful of cream, and seasoning of salt, white pepper, and mace. Strain this through a hair sieve, and add a table-spoonful of finely grated Parmesan cheese. Poach the mixture as already described.

Egg Garnish.—A very useful form of garnish is produced by the plain cooking of yolks and whites of eggs separately, thus obtaining a yellow and a white composition far more handy and neat for garnishing purposes than plain hard-boiled eggs. Most cooks know how often a hard-boiled egg cooks in a lop-sided manner, the yolk having scarcely any margin of white on one side, and more than enough on the

other. To form a neat little cup by removing the yolk is, in these circumstances, out of the question. The following process is accordingly recommended :

Break four eggs, putting the yolks into one basin and the whites into another. Mix well without beating, season with salt, white pepper, and mace, and give each a dessert-spoonful of cream. Take a number of *boucheé* cup-moulds one inch and five-eighths in diameter, butter them, fill them three-quarters full with the mixture, and poach as in the case of custard *à la royale*, very gently.

A *sauté*-pan with a cover does very well for poaching these little moulds, only about three-quarters of an inch depth of water being enough for the operation. It is on account of the handiness of the *sauté*-pan for small jobs of this kind that I always recommend the making of a block-tin dome-shaped cover for it (see page 34).

Aspic.—I recommend the making of two kinds of aspic jelly: one of them—an exception to the rule as to the edibility of garnishes—for ornament only; the other made savoury with good

vegetable broth, pleasant to the taste, and a decided assistance to the dish of which it forms a part. The former should be of a firmer consistence than the latter, because it may have to support the weight of a *chaud-froid*, *pain*, or other heavy *cold entrée;* also because, when cut into *croûtons*, it must be quite firm, with clearly defined edges, and when chopped the pieces must not cling together. The following recipe may be followed for its production:

Decorative aspic.—Dissolve two and a half ounces of gelatine in half a pint of warm water. Put a pint and a half of water into a stewpan, season with a dessert-spoonful of salt, and stir into it the finely rasped zest (the coloured outer skin without pith) of a couple of lemons; set this over a fast fire, add the dissolved gelatine, and the lightly frothed whites of two eggs with their shells; stir gently round with a whisk without ceasing, adding by degrees enough caramel (Parisian essence) to give the water the colour of a light clear soup. When the first indications of boiling are observed, lower the fire, or draw back the vessel, and reduce the cooking to the gentlest form of simmering for ten minutes.

While this is going on, scald a piece of clean flannel, arrange it as for soup straining with a bowl below it, and pour the liquid from the stewpan into it very gently, so as not to disturb the scum and sediment. If not very clear, the jelly must be melted and strained again through a freshly scalded flannel. This keeps well, as there is nothing in its composition liable to turn sour, as in the case of aspic made of broth flavoured with vegetables.

Notes.—(*a*) Wine, vinegar, and flavouring herbs are omitted in this recipe purposely. All that is wanted is a bright, clear, and firm decorative agent; and it is obviously absurd to waste flavouring materials upon a decoction which is not intended to be eaten.

(*b*) The general rule regarding gelatine is that, to bring about the correct edible consistence, about an ounce is required for a pint of liquid; but this may vary slightly, and as there are now several gelatines in the market, some of them stronger than others, experiment with the one used is necessary to settle the point. When ice is available, the process of setting is, of course, more rapid than in ordinary circum-

stances; but when removed from the influence of ice, as in a warm dining or supper room, a jelly is apt to lose consistence. It is consequently unwise to reduce the amount of gelatine on account of having ice for the setting.

(*c*) Those who have an objection to the use of gelatine prepared from fish or animal matter can supply themselves with an efficient substitute by procuring the gelatine manufactured by the Swampscott Gelatine Company, Swampscott, Mass: United States.

(*d*) I do not recommend the use of jelly bags, because they are apt to become musty after very little use, acquiring a most disagreeable flavour enough to ruin anything that may be passed through them. It is better to use pieces of flannel, which should be freshly boiled, cooled in cold water, wrung out, and dried in the open air after each operation. Neither soap nor soda should be used, and as soon as the slightest signs of taint are perceptible the flannel should be relegated to the scullery for scrubbing work. A jelly bag is not nearly so easily wrung out and dried as a plain square of flannel, besides being much more expensive.

Savoury aspic.—For this a good clear broth should be allowed either the *bouillon* or *consommé* given in Chapter III. Allot an ounce of gelatine to each pint. Dissolve this in a small saucepan with a gill of water. Put a quart of the *consommé* (cold) into a very clean stewpan, mix into it the dissolved gelatine and the slightly frothed whites of three eggs with their shells; stir this with a whisk over a brisk fire, adding a sherry glass of chablis, sauterne, or hock, and follow the instructions given page 45 in regard to the completion of the clarification, etc. No vinegar is required for this variety of aspic; the slight acidity of the white wine will give all that is needed in that respect.

To line a mould with aspic.—Having prepared a pint of savoury aspic according to the advice just given, bury the mould you have selected for use in ice. It must be very cold. The aspic must be cool but fluid. When it is cold enough take out the mould, hold it in the left hand wrapped in a wet cloth dipped in iced water, pour in a little of the jelly, and turn the mould about so that the liquid may flow over its cold surface and set upon it; let the mould rest in ice for

about ten minutes, then repeat the additions of the jelly till the whole of the inside of the mould is coated with a lining a quarter of an inch thick. The gelatinated vegetable cream, or whatever it may be, cold but fluid, should then be put into the lined mould, which should be kept in the ice till wanted. The jelly must be kept in a fluid condition throughout the lining process, for it if is beginning to set the lining will be lumpy.

Maskings.—These may be described as gelatinated white or brown sauces, which are used for coating cold *entrée* dishes such as a *chaud-froid*, *ballotines*, cutlets, *médaillons*, etc. They are met with in white and brown *chaud-froid* sauces, which in others words *are* masking sauces, and any sauce may thus be adapted by adding diluted aspic jelly to it in sufficient quantity to cause it to set upon the cold surface of the thing which has to be masked. The proportions should be two table-spoonfuls of chopped stiff aspic jelly to three gills of hot sauce. Stir until the jelly liquefies, cool, and use before setting actually commences, for in that condition the masking cannot be laid on smoothly.

surface of a freshly scalded hair sieve and pass the tomato pulp through it, catching up skin, seeds, onion atoms, etc. Pour this liquid into a flat fire-proof gratin dish one-third of an inch deep, set it in a cold place or over ice, and you will get an opaque but brightly coloured solidified savoury syrup of tomatoes which will be found very useful for garnishing purposes, savouries, etc., to be referred to hereafter.

Turned Olives.—For this garnish the large Spanish olive is perhaps the best. Having wiped the olive dry, hold it in a cloth perpendicularly between the left thumb and first finger, and taking a sharp small-bladed knife with the right hand gently pass the blade round the top, feeling the stone but not quite completing the severance of the top; next pass the blade spirally down the olive, feeling the stone as you go, and then finish off the bottom by a circular turn. If very carefully and slowly done, the result will be a stoneless curl of olive which will take its natural oval form again on being released. Put them now into a saucepan, cover with cold water, and heat up without boil-

ing till quite hot, then drain and cool with cold water. In the centre of the curl where the stone was, a fillet of pickled gherkin, a caper or two, or a piece of any savoury *farce* may be inserted. Turned olives are constantly required for the garnish of a dressed *mayonnaises*, a *chaud-froid*, *pain*, etc., etc.

Cucumber garnish.—For this choose a cucumber not less than two inches in diameter when cut. Cut it into quarter-inch discs, spread these out on a pastry board, and with a one and three-quarter inch cutter stamp off the outer edge of each with the skin, obtaining a series of perfect discs of that diameter; then with an inch cutter stamp out the seeds in the centre exactly of each disc. You will now have a number of rings of cucumber three-eighths of an inch wide, a quarter of an inch thick, and one and three-quarters of an inch across. Next choose an earthenware casserole or enamelled stewpan, put into it about a pint and a half of water seasoned with salt, and a half-ounce pat of butter; bring to the boil, and then slip in the rings of cucumber; boil fast until the rings are tender but by no means soft, then drain them

off, spreading them out on a joint dish to get cold. They will be of a pretty pale pistachio-green colour.

Note.—It need scarcely be added that nicely trimmed fillets of cucumber can be cooked in the same way if rings happen not to suit the scheme of decoration.

An effective garnish for arrangement round a cold dish is obtained by stamping out buttons an inch across out of the tomato garnish, and placing them in the hollow centres of the cucumber rings. If these be arranged overlapping each other about half their diameter, so that the red centres may peep out, the effect is very pleasing.

Garnish of concombres farcis.—Another form of garnish of cucumber is produced as follows :— Peel and cut a fairly thick cucumber (say two and a quarter inches in diameter when cut) into three-inch lengths ; blanch for seven minutes in boiling salted water, drain, and cool ; when cold, with a column cutter, hollow out the centres of these lengths, and fill them with any one of the farces given in Chapter VI. ; wrap them in buttered paper secured with tape, and lay them

in a *sauté*-pan, pour about an inch of boiling salted water into the pan, set this over the fire when boiling commences, reduce the heat to gentle simmering, spread a sheet of thin buttered paper over them, cover closely and poach very gently indeed, thus setting the farce and cooking the cucumber. When done lay the pieces in a dish, uncovered, until cold and all moisture has drained from them, then subdivide them into half-inch lengths. These can be masked with any of the maskings that have been given, and used as may be desired, either as garnish or entremets.

Note.—Remember that cucumbers cook very easily, and that if the work be hurried the pieces may be quite soft and incapable of holding the farce firmly.

Fonds d'artichaut.—The trimming of "artichoke bottoms" for garnish should be done in this way: Choose a very sharp knife. Lay the artichokes on their sides and cut right through the leaves about two inches above the stalk ends. Trim off the leaves all round and close to the bottoms, and plunge them into boiling salted water sharpened with a tea-spoonful of vinegar. As soon as they are sufficiently cooked

to allow of the scooping out of the chokes, stop, drain, let them get cold, remove the chokes, trim the fonds neatly, and use according to directions.

Choux-fleurs en bouquets.—A nice garnish can be produced by detaching the numerous sprigs which form *en masse* the "head" of a cauliflower. Each of these may be said to be a cauliflower in miniature. Plunge them into boiling milk and water and simmer, season when nearly cooked with salt, and draw quite to the edge of the fire to finish as slowly as possible. Avoid overdoing the bouquets. Use as may be directed.

Root vegetables for garnish.—Garnishes of root vegetables can either be cut in small squares, oblongs, or diamonds, or be scooped out in balls or olivettes. Carrots, turnips, parsnips, celeriac, and salsify can thus be treated. The standard method of cooking them is first to blanch in boiling salted water until half cooked, then to finish by simmering in broth at a gentle heat, or in butter in a *sauté*-pan.

Potato garnish.—This may be made early in the season by selecting small new potatoes of uniform size (say the size of a cobnut), blanching

till nearly done, skinning, and finishing them with a few turns in the *sauté*-pan in butter; when older they may be cut after the blanching into suitable pieces, and finished in the same way; but when quite old it is perhaps better to scoop rounds out of them the size of a large playing marble, or cut olive shapes the size of a pigeon's egg, and steam or boil them. For the former process use an ordinary saucepan with that very cheap and efficient utensil the "Benham's patent rapid steamer." Boiling must be most carefully managed lest the potatoes break. They must keep their shape and nevertheless be cooked sufficiently to be perfectly edible. Choose the oblong kidney or Dutch potatoes, which are less liable to crumble, and having cut out the shapes required drop them one by one into salted water; when all are ready, dry them, and spread them out upon a large *sauté*-pan with just enough cold water to cover them; put this over a moderate fire and check actual boiling by little additions of cold water; stop as soon as they are tender, and dry them in the empty hot pan after pouring off the water, fully exposed for all steam to escape. I

advocate this use of the *sauté*-pan, because you can thoroughly control the cooking, the pieces of potato being spread out and not overlapping each other. In a deep, narrow vessel this is impossible.

Note.—Vegetable garnishes in variety will be found in the Chapter reserved for vegetable cookery.

Paper cases for garnish.—An effective finish is often given to an elaborate *entrée* for a special occasion by arranging round its margin a ring of little paper cases (those sold with fancy edgings, square or round) each containing a glazed truffle. The cases are tipped up on the sloping *socle* or stand so as to show their contents.

Plovers' eggs for garnish.—Plovers' eggs, shelled, may be arranged in small oval croustades upon a lining of green butter, and used in a a circle round any special dish when they happen to be in season. The eggs may either be whole or in halves cut lengthways, and placed with their cut sides outwards. Artichoke bottoms may be utilized in the same manner.

Socles, or stands for entrées.—Stands or plat-

forms upon which *relevés* and *entrées* can be tastefully arranged are required whenever elaborate finish is sought for. They are not intended to be eaten. their object being merely to raise a decorated mould or *entrée* above the level of the dish upon which it is placed.

I have already spoken of a preparation of stiff aspic jelly which can be used for this purpose for cold dishes, but there are other methods which must be explained:

(*a*) *Rice socle.*—Put a pound of rice into two quarts of water and boil it until it is quite soft. Drain off the water, put the rice into a mortar and pound it to a smooth paste. Turn this out upon a pastry slab and knead it; when pliant, this may be set in moulds or shaped with a couple of wooden spoons and trimmed neatly with a sharp knife. Put the socles into a cold larder to set, and finish them by spreading butter over their surfaces or masking them with one of the maskings already given. These can be used for hot service by being brushed over with beaten egg, dusted over with raspings, and lightly browned in the oven.

(*b*) *Wooden socle.*—Blocks of wood, oval or

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(*b*) *Wooden socle.*—Blocks of wood, oval or

round, according to the shape of the dish to be used, and neatly covered with white paper, which should be pasted over them, are often used as a foundation for cold *entrées*, an edging of frilled paper being carried round them, or the border hidden by garnish.

CHAPTER VI

Stuffings and Farces.

THE preparation of stuffings and farces may be instanced as a branch of cookery in respect of which English practitioners are, as a rule, deficient. Now seeing that these compositions are necessary for the formation of the *pains*, *côtelettes*, *boudins*, and *ballotines*—not to mention the terrines, and pies—of *Vegetarian Cookery*, I have set apart a short chapter for special consideration of the subject. This, I hope, may receive attention, for slovenly hap-hazard work can only result in the most slovenly productions, and the waste of good materials; while with proper care bestowed upon them, a valuable series of dishes is added to the dietary of those who abstain from fish, flesh, and fowl. Novelty and variety can be obtained by altering the ingredients used in them, and it may be said indeed that the merits of some of the best dishes given in the menus depend almost wholly upon them.

The majority of English domestic cooks adhere, as a rule, to standard stuffings which, very good in their way, appertain to national tradition, and have not been altered from time immemorial. With *farce* of the French school they have at best a distant acquaintance. It is as well, I think, to keep the two things separate from each other: (*a*) *Stuffings*, of which the component parts are breadcrumbs, butter, herbs, and seasoning, with eggs to bind them; and (*b*) *Farces* made of nuts of various kinds pounded with butter, blended with *panade*, finished with flavourings of truffles, mushrooms, etc., seasoned carefully and bound with eggs. The practice has been to use these terms without discrimination which is misleading, for the procedure to be followed in preparing the latter compound is very different from that of the former. The chief thing to keep in view in respect of both is simplicity, to avoid mixtures of flavourings and complexity of ingredients, and not to overpower the thing stuffed with its stuffing.

Stuffings.—Taking stuffings first, it should be pointed out that for effective service these preparations must be firm; that is to say, when

the thing that is stuffed is cut the stuffing must be sufficiently set to be cut into neat slices with it. Nothing can be more messy and repellent than an oozing pulpy stuffing. To guard against this contingency eggs are introduced, and cannot be dispensed with. Breadcrumbs should be made of stale bread finely grated; butter must be fresh and of good quality; if dried herbs are used they should be pounded in a mortar, and carefully sifted through a fine strainer; fresh herbs are better if scalded, dried, and pounded. Seasoning used to be very spicy, but the slightest trace of spice is now considered sufficient. A very useful seasoning mixture is composed as follows:

(*a*) *Seasoning Mixture.*—Two ounces of mixed dried herbs carefully picked and pounded to powder, half an ounce of mace in powder, and half an ounce of newly ground black pepper, mixed together and sifted through a perforated strainer. The best assortment of mixed herbs is one composed of equal weights of marjoram, thyme, and rosemary.

(*b*) *Seasoning Salt.*—Mix one ounce of the above with three of salt.

(*c*) *Seasoning of Pepper and Salt.*—One ounce of finely ground black pepper to two of salt.

(*d*) *Oriental Seasoning Salt.*—Two ounces of coriander powder, a quarter of an ounce of cardamom powder, a quarter of an ounce of turmeric powder, half an ounce of Nepaul pepper, and a quarter of an ounce of cinnamon powder to six ounces of salt.

1. *Herbs Stuffing.*—To eight ounces of bread-crumbs, allot four ounces of butter, one table-spoonful each of powdered or pounded herbs and parsley, a salt-spoonful of mace, a tea-spoonful of seasoning salt (*c*), and mix all together in a bowl with a wooden spoon, adding two whole eggs. Half quantities can be taken for small operations.

Note.—This stuffing can be made richer by allowing equal, or two-thirds the weight of butter for the weight of crumbs. The flavouring herbs are usually parsley, marjoram, and thyme, and some like to add the grated zest of a lemon; but it will be found a good plan to vary the herbs. Parsley may be allowed to stand, for it yields a nice green, and is not too powerfully flavoured; but marjoram alone or thyme, or

rosemary (far too little known), or basil may be taken in turn. When fresh herbs cannot be got the flavour can be communicated by a dessert-spoonful of seasoning mixture (*a*), which should be made in good quantity in the late autumn, and bottled for use.

2. *Sage and Onion Stuffing.*—The ordinary compound of domestic cookery books is often far too crude for refined taste, and being hardly ever bound with eggs, is generally a greasy mess when hot, and by no means presentable when cold. I have always recommended a stuffing of a much milder description than that usually laid down, and taken care to provide for its firm consistence. Choose about ten ounces of Spanish or Portugal onions when they are obtainable, or of the mildest kind in the market. Cut them up roughly, plunge them into boiling water, and boil for twenty minutes. In another vessel scald twelve sage leaves for five minutes it boiling water, drain, and dry them; also drain the onions at the end of the period fixed, spread eight ounces of them on a board with the sage leaves and mince them together as finely as possible.

Put the mince into a bowl with four ounces of dry, well-grated crumbs and two ounces of good fresh butter; mix well together, adding two whole eggs and a tea-spoonful of seasoning salt (*c*).

Note.—The weight of onions must be taken *after* the part cooking of them, so that the proportions of the ingredients may be correct. For this reason I allow a little extra weight of the raw bulb to cover loss in cooking.

3. *Chestnut Stuffing.*—The difficulty here is to retain the flavour of the chestnut, hence it is a great mistake to put into the composition spices, lemon peel, parsley, etc. I am also of opinion that chestnut, like other stuffings, should be firm. To effect this object the following recipe has been carefully composed: Select two dozen chestnuts, peel them, blanch them in boiling water for two or three minutes, remove their inner red skin, and then put them into a stewpan with sufficient vegetable broth to cover them; boil once, and then simmer very gently until the chestnuts are beginning to get soft. Now remove the pan from the fire, and take out half the

chestnuts, replace the pan over a low fire, and stew the remainder until they become quite soft, thus reducing the stock gradually with them. Next pass the contents of the pan through a hair sieve into a bowl, stiffen the composition with finely grated stale bread-crumbs (probably two ounces), and stir in two ounces of butter and two whole eggs; season with a good teaspoonful of seasoning salt (*c*), and lastly add the partly cooked chestnuts cut into neat pieces—each large one into six and smaller ones into four—mix well, and use. It will be seen that this stuffing may be simply described as chestnut dice set in chestnut *purée* without distracting flavours of any kind.

4. *Cashu-nut and Pine Kernel Stuffing.*—Pass four ounces of either of these nuts (now easily procurable at the Stores in London) through a grating machine (see page 38). Put four ounces of butter into a *sauté*-pan, melt over a low fire and then add the grated nuts, fry gently now until turning a buff colour, then empty the contents of the pan into a mortar and pound the butter and the nuts to a *purée*; empty the contents of the mortar into a bowl, stir into the *purée* a gill

of cream, stiffen well with finely grated white crumbs, adding two whole eggs and a tea-spoonful of seasoning (*c*). Use as may be desired.

D'Uxelles for Stuffing.—Weigh eight ounces of parsley and the same of mushrooms; wash, drain, and dry these, and then mince them as finely as possible on a board; mince also three ounces of red shallots. Put four ounces of butter into a stewpan, set this on the fire, melt, stir in the mince, and a good salt-spoonful of seasoning (*c*), fry over a brisk fire for five minutes, stirring with a wooden spoon. Empty the contents of the pan into a bowl.

5. *D'Uxelles Stuffing.*—Add to the above three ounces of breadcrumb and two whole eggs, mix well and use.

6. *Mushroom stuffing.*—Put six ounces of mushrooms with their trimmings washed and minced into a *sauté*-pan with two ounces of butter, fry six minutes, turn the contents of the pan into a bowl, add five ounces of finely grated breadcrumb, three ounces of butter, a teaspoonful of seasoning salt (*c*), and two whole eggs, mix, and use. Half of these quantities will yield six ounces of stuffing.

Farces

Panade.—There are two methods of preparing this ingredient, one with ordinary flour or rice flour, the other with breadcrumb.

Panade with Flour.—Put a gill and a half of broth or water into a stewpan with a quarter-ounce pat of butter and a salt-spoonful of salt. Set this on the fire and bring to the boil, then remove the pan and mix into the liquid as much dry, well-sifted flour or rice flour as it will take up, making the additions by degrees; stir the paste thus obtained with a strong wooden spoon vigorously, and then replace the pan over a very low fire, working the paste unceasingly until the moisture is absorbed and the *panade* comes away from the sides of the pan. Empty it when in this condition into a bowl, cover it with a sheet of paper, and let it get cold. When completed *panade* should present the appearance of a ball of uncooked paste.

Panade with Bread-crumb.—Put eight ounces of finely grated stale crumbs with a salt-spoonful of salt into a bowl, moisten it with as much water or broth as it will absorb, put this into a

stewpan, and carry out the process described for *panade* with flour, setting it aside to get cold in the same manner.

Notes.—(1) *Panade* may be mixed with milk, but this in summer time may turn the forcemeat with which it is used sour. In any circumstances the milk used should have been boiled beforehand.

(2) *Panade* is not used in very large quantities. Its proportion in respect of other ingredients may be taken as follows: To one pound of pounded cooked beans, mushrooms, or nuts, ten ounces of *panade*, weighed after completion, the fatty element (butter) being the same weight as the *panade*, with two eggs to bind the mixture.

(1) *Vegetable Farce.*—Weigh twelve ounces of cooked haricot beans, cold; pass them through the mincing machine. Mince finely three ounces each of onion and carrot, and mix with the peelings and stems of half a pound of mushrooms, washed, dried, and minced; season this with a tea-spoonful of seasoning salt No. 2. Melt four ounces of butter in a large *sauté* pan; when melted put into it the minced vegetables,

and fry all together over a moderate fire, stirring during the process with a wooden spoon. When the vegetables are softened and nicely coloured, take the pan from the fire and empty the contents into a bowl; when cold transfer the mixture to the mortar and pound it to a paste; pass this through a hair sieve into a bowl, stir into it the minced beans, six ounces of bread panade, and six ounces of butter melted sufficiently to be pliant; work all vigorously, adding, one by one, one whole egg and two yolks. Season well with seasoning salt (*b*), and use as may be directed.

2. *Mushroom Farce.*—One pound of cooked mushrooms, weighed after peeling and trimming, pounded in a mortar with ten ounces of butter passed through a fine wire sieve, add ten ounces of bread panade, seasoned with salt, mace and pepper, and bound with two whole eggs. If additional moistening be desirable a table spoonful of Hollandaise sauce, page 72, may be added.

3. *D'Uxelles Farce.*—Put the mixture already described for "stuffing" into a mortar, pound, and pass it through a fine wire sieve, empty this into a bowl adding to it six ounces of

butter, six ounces of bread panade, and two whole eggs. Mix well, season if required, and use.

4. *Pine Kernel Farce.*—Mince very finely four ounces of onions which have been blanched for ten minutes in boiling water. Fry this in two ounces of butter in a *sauté*-pan over a moderate fire till beginning to turn a slight yellow colour, then stir in six ounces of grated pine kernels; continue the frying until the nuts turn a biscuit brown, after which empty the contents of the pan into a mortar. Pound well with six ounces of bread panade and six ounces of butter, season with pepper, salt, and mace, pass through a fine wire sieve, and finish with two whole eggs. Mix well, and use.

Note.—Following this recipe as to proportions and working, farces can be made with almonds, cashú-nuts, chestnuts, etc. etc. The preliminary frying must not be omitted, for it extracts a special flavour from the nuts.

5. *Truffled Farce.*—Any one of the farces that have been given can be improved by the addition of the truffle peelings (sold as *pelures de truffes*), or by truffle *purée*, got by pounding four ounces

of truffles with an ounce of butter. For a good truffled farce it is necessary in the addition to the peelings or purée, to add a quarter of a pound of truffles cut into salpicon or dice. For special occasions this proportion can be increased and the dice cut larger. If truffles be substituted for the beans in No. 1 farce an excellent result will be obtained. See notes on truffles in the chapter on vegetables. *Pelures de truffes* must be pounded with butter and passed through a hair sieve before being used in a farce.

6. *Farce for quenelles (farce à quenelle).*—This to all intents and purposes takes the place of the *godiveau* of ordinary cookery. Half a pound of cooked mushrooms, four ounces of cooked beans, and four of grated nuts, passed through a fine cutting mincing machine and pounded to a paste in a mortar; to this ten ounces of *panade* added, well mixed, and pounded, with ten ounces of butter; all stirred, and moistened one by one with four yolks of eggs, seasoned with a tea-spoonful of seasoning (*b*), and then passed through a hair sieve. To assist the passing a table-spoonful of cream or *poulette* sauce (page 71) may be added.

Note.—With reference to *Farces à quenelle* it should be observed that it is necessary to pound the ingredients thoroughly and mix them vigorously. After having been passed through the sieve, the forcement should if possible be put into a bowl and stirred over ice for five or six minutes. It is always as well to test the consistency of the mixture by poaching a small spoonful of it. If then found too slack a little *panade* can be added; if too stiff a further moistening of *poulette* sauce or cream.

Note.—The use of these *Farces à quenelle* will be explained in the Menus.

7. *Farces for Creams* (*appareil à la crème*).—These light compositions are used for such dishes as *mousselines* or *crèmes de pignons*, *crèmes d'artichauts*, etc., which may be either poached *au bain marie* or rendered firm with gelatine. For the former process take ten or twelve ounces of the cooked nuts or vegetable and pound them thoroughly, put this into a bowl, and for each pint measure stir in two table-spoonfuls ofwell reduced white sauce and one of good cream; next add eight yolks one by one, and one whole egg; season lightly with salt and white pepper, and

pass the whole through a sieve into a bowl over ice. Stir it for a few minutes, and then mix into it two gills of whipped cream. Put the mixture into a mould, which should be liberally buttered, and poach according to directions given in the chapter reserved for processes.

Note.—It is always wise to test these *farces* before putting them into their moulds for poaching, for as eggs vary in size, and in their power of giving consistence sometimes the mixture may be too slack. If it be proved by poaching a small quantity that it is not satisfactory, correct by adding panade or a little more sauce as the case may demand. Care should be exercised in flavouring them, high seasoning and spice should be avoided. The moistening sauce should be well made with a good vegetable broth helped by mushroom trimmings, etc., for its foundation.

8. *Farce à l'Indienne*, or *Curried Farce.*—Take eight ounces each of cooked haricot beans, mushrooms, and chestnuts, the two latter cut into half inch pieces. Put six ounces of butter into an earthenware casserole or stewpan, melt over a low fire, add ten ounces of onion very finely minced, and fry gently until nicely browned;

this will take half an hour; the process must not be hurried nor the onion burned; while the frying is in progress mix in a soup plate a heaped-up table-spoonful of curry powder and one of curry paste (Vencatachellum's by far the best imported), a dessert-spoonful of tamarind chutney, and a tea-spoonful of salt, with just sufficient good broth to convert all into a moist paste. Besides this, make an infusion as follows: Put into a bowl two table-spoonfuls of desiccated cocoanut and one of ground sweet almonds, pour over them half a pint of boiling water and let them macerate with a plate over the bowl.

The onions having turned a pale brown, mix in with them the curry preparation made in the soup plate, and fry it for ten minutes at gentle heat, after which put in the vegetables, nuts, etc., slightly increase the heat, and fry another ten minutes. Now moisten with the infusion strained from the bowl through a perforated strainer, and add a table-spoonful of Harvey sauce, and half a pint of strong broth; then reduce the heat and stew gently until the vegetables etc., are very soft, never allowing the liquid to boil, stirring continually. and gradually re-

ducing it until the consistence of the contents of the pan assumes the appearance of jam. The whole of this should be turned out now upon a dish, cooled, and then passed through a hair sieve into a bowl. Two well beaten whole eggs having been mixed with the purée, the farce is ready.

9. *Ceylon curried farce.*—Put six ounces of finely minced onion into a stewpan with two ounces of butter, and fry over a slow fire till soft without colouring; then stir in (mixed with milk to a paste) a dessertspoonful of *crème de riz*, a teaspoonful of turmeric powder, one of coriander powder, and half one of cinnamon, with a seasoning of salt. Fry this for five minutes, then moisten with a pint of vegetable broth (page 48), add two tablespoonfuls of ground sweet almonds, two of desiccated cocoanut, and one of grated green ginger; bring slowly to the boil, skim, and simmer fifteen minutes; then pass all through a hair sieve, and use the sauce thus produced with cooked vegetable purée and eggs to form a farce as in the previous case.

CHAPTER VII

Preparative Methods

Frying

Failure in respect of the many excellent dishes which come under the head of "fritters" may be attributed to four things: The first, improperly made batter; the second, a wrongly shaped utensil; the third, an insufficiently brisk and even fire; and the fourth, an inadequate supply of the frying medium. If these points be carefully attended to in the manner to be explained presently, the operation will present no difficulty whatever.

The system is applicable also to all *friture* work, or "wet frying" as it is called to distinguish it from *sauté* work.

Fritters, sweet, as well as savoury, can be made with vegetables, and fruit, both fresh, and cooked;

remains of cold *boudins*, strips of cheese, and, lastly, by batter alone in the form of *beignets*, *beignets soufflés*, etc.

As the main point in this kind of frying consists in providing a *bath* of fat for the thing to be cooked, it is esential that a deep, rather than a broad and shallow, vessel should be chosen for it. The cook requires a frying-*kettle* steady over the fire on account of its own weight, with a perforated drainer. In the lists of most furnishing iron-mongers there is a vessel called a "fish-fryer," but this is misleading, for it is needed for every species of work by the "wet" method in conjunction with the wire frying-basket, in the case of *croquettes*, *rissoles*, *orlys*, *beignets*, and fritters of any kind.

Another thing,—much needed by the cook in connection with this process—is not often seen in the domestic kitchen, *viz.*, a wire drainer. These appear in the lists as "pastry-stands," but they are equally useful in this branch, providing the cook with an inexpensive utensil, upon which things fried can be set either in the oven's mouth or in front of the fire to drain and dry for a moment or two before serving. No

particle of grease, however minute, should remain on a fritter, or be traceable on the paper upon which it is served.

The wire frying-basket already alluded to is useful for the purpose of dipping things into, and removing them from the hot fat, although for ordinary work in relays a *perforated* slice or stock spoon will do well enough. When there are such things as potato-chips or several small fillets like mock whitebait, etc., to be cooked, the basket comes in well.

The best frying medium for those who object to the use of animal fat is oil. Clarified butter (*beurre épuré*), the ghee of India, is very good for some things but oil is less likely to burn at a high temperature, and seems well suited to vegetarian *fritures* which do not take a long time to cook thoroughly. Both oil and clarified butter require gradual heating; that is to say, they must be placed in the first instance over a low fire, and brought to the desired temperature by degrees.

Frying Batter, (*pâte à frire*)—the best for all *friture* work is made as follows: Not less than two hours before the cooking is to take place

mix four yolks of eggs with four tablespoonfuls of the best salad oil. Incorporate this mixture thoroughly with seven ounces of flour and a saltspoonful of salt. The flour should be dry and of the best quality. Work this now, with care, to a smooth paste, adding sufficient *luke-warm* water to bring it to the consistency of a thick sauce, and continue to beat it for at least ten minutes. If the batter appear too thick, add a little water until it is thinned satisfactorily —*i.e.*, it should cover the spoon when lifted out of it with a coating about the eighth of an inch thick. As soon as satisfactory, the mixture should be kept in a warmish place, for not less than two hours covered with a cloth. Just before using, add the froth of two of the whites of the eggs well whipped. This recipe may be reduced for a small dish of fritters by exactly one-half.

Notes on Frying Fritters

1. Make your batter to begin with, and place it in its bowl on one side, covered up with a cloth. This, as has been said, should be done at least two hours before final operations.

2. Prepare your fillets of vegetable, boudin, fruit, or whatever you are going to cook, and arrange the pieces on a dish neatly. See that they are dry.

3. When the time arrives, put the dish of things to be fried on a table handy, with the bowl of batter next to it. At this period the whipped whites of two eggs should be added to the latter.

4. Put the wire drainer upon a table as near the fire as possible, with a sheet of brown paper under it to catch the drip.

5. Take your frying-kettle, see that it is thoroughly clean and dry, and set it over a good brisk fire, and empty whatever you use as a frying medium, into it bountifully. In the case of oil or clarified butter, commence the heating with a low fire.

6. When melted, the fat ought to be quite two inches deep, yet with sufficient space in the pan above it to preclude all fear of boiling over. Gradually accelerate the heat.

7. Put a half-inch square of bread on the point of a skewer and determine if the fat be hot enough by thrusting this into it; if the

bread fizzes briskly and produces large air bubbles, the fritter bath is ready. If smoke rises from it, the fat is too hot.

8. Now dip your morsel to be fried (well dried, or the batter will not adhere to it) into the batter, which should be of sufficient consistency to coat it nicely; plunge the frying-basket into the fat, and slide the fritter into it carefully.

9. The fritter must be *covered* by the fat, not partly in and partly out of it.

10. Now, maintaining the heat evenly, let the fritter frizzle, stir gently with a fork, and when of a rich, deep golden tint, lift up the basket, and hold it a moment or two over the pan so that the fat may drain off, slightly reducing the heat under the vessel during the pause.

11. Lay each fritter, as you take it from the basket, on the wire drainer, and when the dripping has ceased, put this either on a dish in the mouth of the oven, or before the kitchen fire.

12. Fritters should be fried one after another. The introduction of several things at once reduces the temperature of the fat, and prevents

the "seizing" process. Revive the heat of the fat before each relay.

13. When the fritters are quite dry, dish them on a paper in a very hot dish, and, if savoury fritters, give them a dust of finely powdered salt, if sweet, shake a canopy of powdered loaf sugar over them.

14. The fat having been cooled for a quarter of an hour after the operation, should be poured through muslin into a clean bowl: if clarified suet, it will harden, and be fit for work again until it assumes a leaden tint, which may take place after it has been used two or three times. Re-clarifying in boiling water will tend to make it whiter. Oil and clarified butter can be strained and used again if not tainted by burning.

NOTE.—It should be specially noted that the proper consistence of the batter is a most important matter. If too thick, it will not coat the fritter evenly, forming lumpy parts here and there which will be leathery, while the whole covering of the fritter will not be crisp throughout in any part. The addition of the whites of egg thins the batter, so, if it be made

slightly thick in the first instance, the correct consistence will be then obtained.

These instructions, in so far as the process of frying is concerned, can be applied to the cooking of *croquettes*, *rissoles*, etc. Simply omit the batter, and in other respects follow the working exactly.

Beignets.—By casting dessertspoonfuls of plain batter into very hot fat, and frying them quickly, you produce *beignets*, or, as some call them, pancake fritters, which may be either sent up as a savoury *entremets* to be eaten with butter pepper and salt, or as a sweet one, when they must be dusted over with powdered sugar and served with cut lemon. In the latter case, a spoonful of brandy or liqueur, mingled with the batter, improves their general effect. The batter must not be too thick for these fritters, and the spoonfuls should be scattered quickly over the surface of the fat. At the moment of contact the material assumes grotesque shapes: these, as soon as they take a nice light crust colour, should be taken from the pan with a perforated slice, laid on the wire drainer, and dried. After this they can be dished, and

served as has been described. It is a mistake to sweeten the batter: if required as a sweet dish, the effect is obtained with the sifted sugar dusted over the finished fritters.

Beignets Soufflés.—In a small stewpan put one and a half gills of water, two ounces of butter, a few drops of lemon juice, and half an ounce of sugar. Put on the fire, and when the butter comes to the surface, take the pan from the fire immediately, add seven ounces of finely sifted flour, mix, and when smooth, stir over the fire with a wooden spoon for a few minutes to dry the paste. Remove the pan again, let the paste partly cool, and then add, one by one, two whole eggs and the yolks only of two more. The paste ought now to be stiff enough not to spread out when a lump of it is dropped from the spoon.

Now melt the clarified suet in the friture pan, or put the oil into it. Take the paste, divide it into little portions with a teaspoon, drop each upon a floured board, roll them into balls, and arrange them on a buttered slice so that you can plunge them in small detachments at a time into the fat. Test the latter; it must be

somewhat less hot than for fritters—*i.e.*, the test given in Rule 7 should only produce a slight fizzing: put in the first detachment of little balls, and accelerate gradually the temperature of the fat. Move the balls gently in the pan, and when they have swollen out, and turn a crusty brown colour, drain, dry, and treat as fritters, sprinkling them with finely sifted sugar. Lower the heat of the fat, and go on with the next detachment. These made without sugar can be served with butter, pepper, and salt.

Beignets Soufflés au Parmesan.—Omit the lemon and the sugar, and stir in with the flour two ounces of finely grated Parmesan, completing exactly as described for *beignets soufflés.*

Orlys, or dishes *à la Orly* as they are sometimes called, are also of this school. They can be made of sprigs of cauliflower, fillets of salsify, marrow or cucumber, artichoke bottoms, mushrooms, Jerusalem artichokes, etc. The vegetable having been trimmed and partly cooked should be set to marinade in a deep dish with a little coarsely cut parsley, shredded onion and lemon juice scattered over it, and a seasoning of salt and white pepper. When to be cooked, the

pieces of vegetable should be carefully wiped, dipped in batter, and fried. Careful draining and drying must follow, and fried parsley is the usual garnish.

CUTLETS, ETC.

Côtelettes, croquettes, and fillets of certain vegetables are bread-crumbed before frying. The process needs quite as much care and attention as that just described with batter. When you use crumbs, see that they are stale, and well sifted; not the soft new coarsely granulated bread too often used, because the cook will not look ahead, and rarely if ever keeps a bottled supply of *stale*, well prepared breading in hand. This should be prepared as follows:—

Panure.—Having crumbled some stale crumbs of bread as small as you can in a napkin, set in a slack oven to dry, then pound in a mortar, and sift the crumbs through a stiff wire seive. This is the *panure* of French cookery, nearly as fine as semolina. To apply it properly, first see that the surface of the cutlet, or whatever it may be, is perfectly *dry*, then beat up two eggs with a dessert-spoonful of salad oil, and the same of

water, and brush this over the cutlet like varnish. Now lay a sheet of paper or clean cloth upon the table, cover its surface with *panure* rather thickly, then turn the cutlets over and over in it. Let them lie untouched so that the coating may *dry thoroughly* for half-an-hour, after which the process of egging and crumbing should be *repeated* and the drying again carried out. Unless well dried the crumbing will part company from the cutlet here and there in an unsightly manner. The *double* coating of fine crumbs gives the cutlet a very attractive appearance.

Amongst the crumbs may be sprinkled some finely, *powdered* dried sweet herbs, and grated cheese is sometimes added with good effect. The frying should be conducted in *abundance* of boiling fat, the colour of the cutlets should be a *pale* golden brown, and they should be carefully drained as described before serving.

Croquettes.—Mince four ounces each of cold cooked mushrooms, onions, and chestnuts, add two ounces of butter ; season with seasoning (*b*) : make a quarter of a pint of poulette sauce, as given on page 71, brown or white as the case may be, and stir the mince into it over the fire

without boiling, season a little if necessary, add two yolks, take off the fire, mix well, and spread the mixture an inch-and-a-half thick in a soup-plate. Set it aside (in the ice box if possible) to get cold and firm. When this has taken place, strew a pastry board with a thin layer of fine *panure*. Divide the mixture into eight equal parts, put them upon the board, dredge a light coating of *panure* over them, and, using two wooden spoons, roll them in the *panure* into the shape of corks, balls, or ovals. Having ready the beaten egg mixture and brush, proceed to egg and crumb the *croquettes* according to the double method already described, letting them dry thoroughly after each breading. When finally dried, fry the *croquettes* in very hot fat, and finish as explained for fritters.

NOTE.—The *first* rolling in the *panure* is very necessary. It makes the shaping of the *croquettes* easy, prevents the mixture sticking to the spoons used for patting them into shape, and presents a dry surface for egging. *Croquettes* may be varied in numerous ways by the introduction of flavourings, truffles, mushrooms, shallot, herbs, etc.

Rissoles.—The mince for *rissoles* is prepared

like that for *croquettes*, but instead of being bread crumbed, the little portions of the mixture, when cold, are enveloped in delicate wrappers of puff pastry, rolled out thin. Having rolled out the paste, stamp it into rounds three-and-a-half inches in diameter, place the portions of mince in the centres of these, wet their edges, fold them across, fixing the edges, and enveloping the mince, thus producing cocked hat shapes. Dredge these over with flour, and plunge them into very hot fat as in the case of *croquettes*.

Observe the difference between *croquettes* and *rissoles*. It is the common practice in English kitchens to call a *croquette* a *rissole*. This should be corrected.

Crisply fried parsley is the standard accompaniment of *croquettes* and *rissoles;* they should be arranged upon a neat dish paper, dusted over with salt. A well-selected sauce is always acceptable with them, but this must of course be served in a boat separately.

Cromesquis.—Three things are needed for the composition of a *cromesqui:* the *salpicon* or mince as explained for *croquettes* the ingredients of which can be varied at pleasure, a little jacket

to envelop it, and frying batter to coat it; afterwards, the same treatment as for fritters. The jacket in ordinary cooking is formed with bacon or udder of veal, but a fair substitute can be provided with very thin pancake. Out of this thin slices, two and a half inches long and one and a half broad, should be cut, a heaped-up teaspoonful of the *salpicon* should be laid in the centre of each: the jacket must then be folded over it very neatly, fixed with white of egg, allowed to dry, and kept ready for the dipping process, which must be carried out cautiously. The frying should be conducted as already described, each *cromesqui* being placed gently in the fat with a slice.

Crêpes Légères (*light pancakes*).—Put eight ounces of well dried and sifted flour into a bowl, make a hollow in its centre, break into this the yolks of five eggs saving the whites; mix, adding a teaspoonful of salt and a pinch of sugar. Work the batter till smooth, adding lukewarm milk by degrees till the mixture is creamy, and passing into it also a teaspoonful of baking powder mixed to a fluid condition with warm milk. Cover the bowl with a

cloth and set it aside in a warm place *for two hours.*

When about to use the batter, pass into it the whites of the three eggs whipped stiffly with a tablespoonful of cream. Melt a couple of ounces of butter in a little saucepan. Dip a brush into this, and with it lay butter over the whole of the surface of an omelette pan, lubricating it well, but not leaving any excess of butter in the pan. Warm the pan before buttering it. Next pour enough batter into it to spread thinly all over its surface, set it over a fairly brisk fire, detaching the edges all round the pan as the mixture forms, and when the crêpe is coloured underneath, brush butter over the top of it, and turn it in the pan to finish on the side which was uppermost.

It should be noted that the old fashioned "tossing" of a pancake which at one time was considered essential and often resulted in a fiasco, describable literally as "out of the frying-pan into the fire," is by no means a *sine-quâ-non.* If the batter is dexterously poured into the pan covering the surface completely with a filmy coating *not thicker than a half-penny* the pan-

cake will not require turning at all. If, on the other hand, the batter be rather thicker, the pancakes can be reversed by using a supple palette knife, or thin slice.

For the vegetarian *cromesqui* the pancake should be as thin as a half-penny, and it need not be browned; as soon as nicely set it should be turned out of the pan, and laid on a dish to be used as directed.

The *Fritôt.*—is another description of fritter produced by a method very well adapted to certain vegetables,—cauliflower *bouquets*, *quartiers d'artichaut*, fillets of salsify, of aubergines, of celeriac, etc. The vegetable having been trimmed neatly, partly cooked, and cooled, should be marinaded with a sprinkling of lemon juice, and scattered over with parsley. When required, each piece should be wiped, dipped in milk, and floured: when this has had time to dry, frying in very hot fat or oil should follow.

Côtelettes.—The cutlets of vegetarian cookery must be made of a forcemeat or stuffing of which a useful selection has been given in Chapter VI. The mixture having been poached in a plain mould and allowed to

get cold should be cut into half or three quarter inch slices, out of which cutlet shapes should be stamped with a cutter, or the material can be poached in cutlet moulds. When finally trimmed after cooling, the bread-crumbing process should be carried out, and frying as in the case of *croquettes.*

Médaillons.—These should be composed in the same way as cutlets, but stamped out in rounds or ovals instead of cutlet shapes.

Noisettes.—May be described as miniature *médaillons.*

POACHING.

Poaching au bain marie.—This is the process by which the cutlet mixture just mentioned and pains, crèmes, boudins, timbales quenelles, etc., should be cooked :—

Choose a roomy stewpan with a closely fitting lid, lay at the bottom of it a wire trivet or a piece of paper folded in four, this is to act as a buffer between the bottom of the pan and the bottom of the mould, and to ensure an even distribution of the heat, set the mould or moulds upon the buffer, having covered their exposed

ends with buttered paper; now, pour *boiling* water into the pan, carefully avoiding the moulds, in sufficient quantity to furnish a bath about half their depth. As the pan is cold this operation will stop the boiling. Set the pan on the fire at once, and allow boiling point to be just reached again, then draw the vessel over a very low fire, or put it into a very gentle oven, cover it closely, and let the poaching continue as gently as possible until the moulds are set.

NOTES.—The chief points to note in respect of this process may be summed up as follows: Use *plain* charlotte, cylinder, border, or dariole rather than fluted or ornamental moulds. Butter them well with butter in a semi-fluid condition, and use a brush for the operation. Never use paper, or follow the horrible practice of employing the finger for this. Put the mixture into the mould cold, or it will melt the butter lining and prevent the successful turning out of the mould when it is finished. Be sure that the mixture goes well home into the mould by tapping the latter rather sharply upon a folded cloth laid upon the table. Do not fill the mould full; leave a space for expansion in

cooking. Put the mould into the vessel head downwards, and cover the exposed end with buttered paper cut to fit it neatly. Regulate the heat very carefully, so that after boiling point has been reached the cooking may go on as slowly as possible. Lastly, allow the mould to settle for five minutes before attempting to turn out its contents.

It is a good plan, after waiting for five minutes, to place the dish over the mould and reverse it, thus bringing the top of the mould uppermost, then draw away the mould, gently releasing the *crème*, mask it with the reduced sauce prepared for it, and serve.

Boudins.—The mixtures prescribed for stuffings and farces make nice *boudins*; they can be put of course into small moulds, each providing a portion, and be cooked exactly in the manner just described. For small operations the process can be conducted in a *sauté*-pan with an upright rim if it be provided with a dome-shaped block tin cover (see page 34.) Cutlets and *médaillons*, for which special moulds are procurable can thus be cooked in the necessarily shallow bath needed for them.

The *Pain* may be described as a farce of a superior kind cooked in a plain charlotte, border, or other plain mould by poaching, turned out when done, and masked with a sauce. The farces already given may be employed in this manner. In its best form a *pain* is improved with a *salpicon* or coarse mince of mushrooms, truffles, etc., which, stirred into the forcemeat, is cooked with it.

The *Galantine* (so-called) of vegetarian cookery is nothing more than a *pain* made in an oblong or bolster shape. As there can be no natural skin to envelop the preparation it must either be arranged in a mould specially made for it, or be enclosed in grease proof paper, wrapped in linen, and cooked as a galantine. Spread the paper on a pastry board. Have ready two pounds of farce selected from the recipes given in Chapter VI. Half a pound of good butter, a quarter of a pound of cooked mushrooms cut into half-inch dice, six hard-boiled eggs sliced, two ounces of pistachio nuts, and six truffles cut into half-inch dice. Brush over the surface of the paper with melted butter, spread over it a layer of farce one inch thick; over this, leaving an

inch margin all round, arrange a layer of dice, little bits of butter, nuts, sliced egg, etc., scattering them promiscuously; cover this with farce, and repeat the layer of dice, finally covering all with an inch layer of farce; then gather the sides together, enclosing the farce, etc., and fix the edges of the paper securely with white of egg.

Wrap the roll in a scalded cloth, tie the ends firmly, and also tie the roll itself in oblong shape with tapes at three-inch intervals. Put it into a braising stewpan, cover it with *mirepoix*, bring to the boil, then close the vessel and simmer very gently for an hour and a half. Now remove the vessel from the fire, and let the galantine remain in the broth for half an hour, then take it out, put it on a joint dish with another moderately weighted with weights above it for a night. In the morning release it, place it on a board, take off the cloth and paper wrapper, wipe it with a hot cloth to remove any particles of butter that may adhere to it and then glaze it. Place it now on its dish, decorate with aspic jelly, surround it with garnish at discretion, and serve when required.

Braising. This method of cooking as applied

to vegetables may be described as gentle stewing in broth so that while the vegetable is thoroughly done and as tender as possible, it possesses a far finer flavour than can be produced by boiling in water. As we have seen, the proper moistening liquid for a galantine is, *mirepoix*, which may be described as a broth made by frying a mixed assortment of stock vegetables (trimmings will do), minced small, in butter, and when nicely coloured, moistening them with warm bean broth, with a glass or so of chablis or sauterne to the quart, continuing and finishing as in soup making. But ordinary *bouillon* may be used, with such stock vegetables as are available. without going to the trouble of making a *mirepoix*, with or without white wine as the occasion may render advisable. It should be noted that after the cooking of a galantine the *cuisson* or broth in which it is cooked may be converted without difficulty into aspic jelly by following the directions given in Section III, page 116.

Glaze.—The best method of producing a vegetable glaze is to add two ounces of gelatine (or its substitute page 119) to a pint and a half

of clear *bouillon*, to tint this a rich brown with Parisian essence, and boil it down one third, stirring it continually over a fast fire. This, when cold, will be firm. When required melt and apply it with a glazing brush. The thing to be glazed should be very cold so that the glaze may congeal on contact with its surface.

Ballotines—May be described as little galantines about the size of a small hen's egg, useful occasionally for an entrée. Prepare a galantine in the manner already described but in the form of a long roll about two and a half inches in diameter, wrap it in a cloth securing the ends firmly; mark this off into three or four equal portions—according to the length of the roll—and at each mark tie the roll tightly with tape, giving it the appearance somewhat of a chain of sausages. Each portion should be about two and a half or three inches long. The compression of the tape will give them a round shape. Braise this in *mirepoix*, and let it get quite cold in the broth. When this has been done drain, untie, remove the cloth, peel off the paper, and cut the portions across where they were tied. Now trim and glaze the ballotines, and dish them

in a circle upon a sloped *socle* with a garnish of broken jelly and olives *farcies*, or *salade cuite*.

Quenelles, and Quenelles fourrées.—See prescriptions for forcemeats for quenelles, pages 145-6. Put the mixture that may be chosen into buttered quenelle moulds, and poach them gently till set, turn them out as explained for crèmes, and finish in the same way. For cold service permit them to get cold in the broth, then warm just to turn them out of the moulds, cool and glaze or mask as described page 121. Dish and garnish like ballotines. For "*fourrées*" scoop out a hollow in each quenelle while it is hot and in its mould, fill this nearly with *D'Uxelles* (page 140), minced mushrooms or truffles moistened with diluted aspic jelly, cover over with some of the quenelle farce which was extracted, smoothing it with a palette knife dipped in hot water; let the quenelle get cold, and finish as described (121).

The Chaud-froid.—This is a nice method of varying dishes of the better sorts of vegetables in the summer. It may be called a cold *suprême* or *ragoût* with all the savoury flavour of the hot dish for it is masked with the same sauce

gelatinated. It need scarcely be said that no pains should be spared in extracting a good vegetable essence for the sauce, and that this should be reduced to add to it tastiness. A *chaud-froid* can be composed of any special vegetable such as asparagus, *fonds d' artichaut*, narrow fat peas, fillets of sea-kale, bouquets of cauliflowers, or *macédoine*, with a garnish of mushrooms and truffles if desired, while plover's eggs or hard boiled yolks may be associated with it. The vegetable or vegetables chosen for the dish should be separately cooked and either a brown or white sauce as preferred should be prepared. If the former follow, the recipe for Espagnole, page 82; if the latter, see note on "white sauce" page 66. To convert these into *chaud-froid* sauces see page 121, and page 122 for the masking of the component parts of the dish. When all have set nicely, pack the vegetable in dome shape in the centre of an *entrée* dish, garnish this with good aspic and selected green stuffs, and keep it as cold as possible till wanted.

Another simpler plan is to decorate a dome-shaped mould or bowl, to set it in ice, and pack

it with the vegetable in layers, setting each layer with the masking while in a liquid state. Turn out the mould when required. This renders unnecessary the process of masking the pieces of vegetable independently. A *chaud-froid* may also be served inside a border mould the choice pieces of vegetable arranged in the centre, and the border composed of yolks, balls of green butter, and truffles set in aspic.

Mousselines and *Crèmes.*—Farces suitable for these dishes when required for service hot have been given in Chapter. VI, page 146, it remains to be shown, however, how they should be treated when rendered firm by gelatine and served cold. Prepare very carefully a purée of the vegetable chosen on the lines laid down for artichoke purée or crème, page 51. For a pint of this when finally passed through the hair sieve allow an ounce of gelatine dissolved in milk or broth, and season with salt, white pepper, and mace; when nearly cold add a gill of cream, stir well, set the mould in ice—a plain charlotte the best—and as you fill it dot about in the *purée* half inch squares of preserved truffles, or cooked mushrooms cut into dice. Leave

the mould in ice, and when required turn it out as you would a sweet cream, mask it with white, ivory, or fawn-coloured masking, set again over ice, garnish, and serve. For a plain cream the truffles and mushrooms may be omitted.

Timbales.—There are two descriptions of these. One may be described as a rather thick pastry case containing a *ragoût* which may be composed of various things, and served in the style of a *vol-au-vent.* Directions for lining the mould, and for the paste will be found a little later on, while recipes for a few *ragoûts* will be given in the *menus.* The other sometimes called *Macaroni Timbale* is made in this way: Choose a plain round pint charlotte mould, butter it well with a brush dipped in luke warm butter. Boil four ounces of spaghetti or small-piped macaroni for ten minntes, spread this out on a dish, and let it get cold; then, using a skewer for the purpose begin to line the buttered mould. Cover the bottom first with rings of the macaroni like a serpent's coils, all touching, carry this on patiently round the sides as in a bee-hive until the whole mould is completely lined.

The task merely requires patience. When it is completed lay over this lining a coating of any of the farces, chapter VI., half-an-inch thick, and fill the hollow centre with an assortment of choice vegetables such as artichokes, mushrooms, etc. as recommended for the galantine, embedding them with the farce; cover the top with farce, protect it with buttered paper, and poach the mould in the manner already explained.

Raised Pies

Although not commonly attempted by the ordinary domestic cook the making of raised pies is very simple and inexpensive. Provided with a proper mould she has only to follow attentively the directions I am about to give to produce satisfactory results.

Raised pie crust.—Put a pound of flour in a bowl, make a hollow in its centre, and mix into this, one by one, three yolks of eggs with a teaspoonful of salt: next put eight ounces of butter into a saucepan with a gill of water, set over the fire, and when the former is melted begin to pass it into the flour by degrees in very small quantities, mixing well with a wooden spoon until it is

expended, then add just sufficient water in the same way to bring it to a smooth and pliant dough. Pat this into a ball and leave it in the larder to get quite cold.

Lining the mould.—When required put the ball of dough on a floured slab and roll it out as evenly as possible, not less than half an inch thick, for lining the mould. Now butter the mould well with a brush, and lay the paste over it, pressing it down gently into the mould, taking care to make it fit the inside of the mould all round closely, and leaving about an inch overlapping the rim.

Packing the mould.—Line the hollow thus made with the farce chosen, and pack the mould firmly as explained for the Timbale; cover the top of it with butter thinly spread, and lay over it the pastry cover separately cut to fit it, pinching its edges to the paste overlapping the rim, which should be brushed with white of egg to fix it. Make a hole in the centre of the top, the size of a sixpence, and bake the pie in a moderate oven from about an hour and a half to two hours, protecting the top as soon as it takes a nice colour with buttered paper.

Finishing.—When done take it out of the oven, let it cool for half an hour and then pour in through the hole in the top a quarter of a pint of melted jelly broth (page 120) and cover the hole with a paste ornament separately baked. Set it aside in a cold larder or the refrigerator for four or five hours. Now draw out the pins, detach the mould, and serve the pie in a dish upon a serviette.

Briefly, the few rules of raised pie-making are these: Be careful in making the paste and roll it out not less than half an inch thick; be equally careful in respect of the farce upon which much depends; pack closely, pressing the assortment of vegetables, etc. and proper proportion of butter down gently with the back of a plated spoon, if not the contents of the pie will sink during the baking leaving an unsightly hollow at the top; season each layer lightly unless the material has been already seasoned. Never moisten until *after* the baking, and then let the moistening be a strong jellied essence of vegetables (page 120) poured through the top of the pie. Let the pie remain in the mould until very cold, release it then carefully, brush it over

with a light coating of glaze and set it on a dish with a garnish of green stuff.

Terrines.—All the trouble of pastry-making can be avoided, and an excellent series of pies obtained by using the French glazed fire-proof *terrines* or covered pie-dishes, to which reference was made in chapter II. These are now procurable in London without difficulty in various sizes, oval or round in shape, in pie-crust colour or brown. The method of using them presents no difficulty whatever. By reference to the recipe just alluded to, to those given for forcemeats, and the exercise of a little consideration success may be looked upon as certain. The chief things to be sure of are: (1) the moistening jellied broth, which must be good, (2) a good forcemeat, and (3) a good seasoning mixture, for which see page 135. Then let there be patience and judgment in the selection of the materials used, and in their packing, exactly as is done in the case of raised pies. The process after packing, is as follows:—

Lay a band of joining paste round the rim of the *terrine* wet it, fix the cover thereto and put the dish in a baking tin with an inch or so of

water round it, and bake in a very moderate oven for an hour-and-a-half to two hours. Then take it out, let it rest a quarter of an hour, remove the cover, and pour into the *terrine* from one to two gills of the jellied broth, cover again and put the dish into the ice-box or cold larder where it should remain four or five hours. When required, take off the cover and decorate the top with broken aspic jelly,—that produced by the jellied broth when cold the best.

Steaming and Jugging

The process of *Steaming* has become familiar to many people on account of the introduction of *Warren's cooking-pot, and vegetable steamer.* Warren's system needs no description for detailed instructions accompany every vessel. Its chief recommendation consists in its simplicity and efficiency. Food well braised may be said to be equally nutritious, for it is in like manner cooked in its own vapour and juices and in the matter of fuel braising is certainly the less expensive method; but the careful regulation of the heat, etc., costs infinitely more trouble than the simple boiling of a Warren's pot. The

one process requires the attention of a good cook, the other can be managed by anyone. There are of course other appliances for steaming to be procured (especially that excellent and very inexpensive contrivance known as "Benham's patent rapid steamer,") the methods of using which are clearly given with them.

The term "steaming" is frequently applied not only to cooking in vapour but also to the preparation of vegetables placed in hermetically closing utensils, which, in turn, are plunged into larger vessels containing boiling water. This is misleading. The proper term for the process is "*Jugging*" for which no better utensil can be used than the fireproof china covered pie dishes or terrines already spoken of. The following recipe may be given as an example :—

Terrine de légumes.—Cover the bottom of the terrine with slices of onion, carrot, and turnip, arrange a layer of cooked spaghetti thereon, covering that with a layer of sliced vegetables, then another of spaghetti finishing with a layer of vegetables on the top. Roughly cut parsley and a few strips of celery should be put in with the layers, and sliced tomatoes also. Season as

you go on with seasoning mixture (b) page 135. When arranged, pour in sufficient good bean broth to come level with the top layer and seal the lid of the tin, all round the rim, with stiff paste, fixing it securely. Now, put the terrine into a fish kettle or large stewpan with sufficient boiling water to reach half way up its depth. Cover this vessel, and keep it on the fire boiling steadily for two hours. At the time of serving, the lid should be cut off, and the terrine, wrapped in a napkin, should be placed upon an ordinary dish, and sent to table immediately—or the lid may be removed at the table as may be preferred. Grated cheese should be handed round with this, and soup plates should be used for its service. Note that in packing the terrine space should be allowed for the fluid which will be drawn from the vegetables; the topmost layer therefore should be an inch and a half below the rim of the terrine.

Useful Little Dishes

Petits pâtés, *bouchées*, etc., can be prepared without difficulty by lining patty-pans, mince-pie-pans, or two-inch *bouchée* moulds with *croustade*

paste as explained page 111, and filling them with very savoury *salpicons* or minces mixed with a good sauce, and finished with a little garnish of mushroom or turned olives. *Fonds d'artichaut* cut into dice and moistened with Béarnaise or Hollandaise sauce can thus be utilised. Rolls made of puff-paste, enclosing the curry farce (page 147) in the manner of sausage rolls, or any nice farce, are exceedingly nice.

Petites caisses, and *pêtits pots*—The former of white fireproof china, the latter miniature earthenware marmites or casseroles—provide the cook with a handy method of presenting dainty trifles such as plover's eggs, truffles, mushrooms, etc. either whole or in the form of salpicon,—cold or hot as the case may be.

Coquilles.—Silver or pretty china scallop shells may be used for *gratins*, and also for the purposes mentioned for caisses.

CHAPTER VIII

Vegetables

—It is admitted I think by all who have given the subject their consideration that, speaking generally of the work of the English domestic cook, her treatment of vegetables stands in need of much improvement. Manifestly therefore, when vegetables form the principal staple of a system of dietary, her improvement absolutely becomes a necessity. Once for all let it be clearly understood that there is no difficulty whatever in attaining this object, for all that is needed is patience, attention to the simplest instructions, and the capacity of taking pains. Processes which at first sight may appear troublesome must not be shirked, great care must be taken in respect of dishing, and special pains must be taken with the sauces for these

adjuncts cannot be dispensed with when vegetable *entremets* are required at their best.

All the sauces I have given, on Chapter IV based upon ordinary white sauce, are well within the reach of the domestic cook. They are particularly suitable for service with vegetables, and eggs. For instance, poached eggs, neatly trimmed, served upon fried croûtes, and masked with a nicely sharpened maître d'hôtel, verte, caper, or tarragon sauce, with a circle of little new potatoes arranged round them make quite a nice luncheon dish. The thing to be banished from our tables is that tasteless domestic "stickphast paste," produced with cornflour, water, and perhaps a little butter and milk, with which our vegetables especially are so often suffocated. Think, for instance, of the homely cauliflower smothered under the very respectable snow-white counterpane of "cornflour sauce!" Cornflour is an excellent thing in its proper place but it is quite out of place in sauces of a superior kind. Judiciously used in the manner described, page 62, it may be employed to give a slight thickening when neither a *roux* nor *beurre manié* can be made, or for the reason mentioned page 63.

Note carefully what I have said, page 57, regarding the employment of the *cuisson*, or liquid in which vegetables of all kinds are cooked, for the sauces to accompany them. This point is lost sight of by many writers on the subject of cookery, and is really an important one—especially when, as in the case of vegetarians, meat-broths are barred.

POTATOES—*Pommes de Terre.*

Failure in cooking potatoes in the ordinary manner—by boiling—is often attributed to a wrong cause. We forget that they are capricious growers, and that the weather exercises a remarkable influence upon their condition. A crop will sometimes prove mealy, and light, for the table, and at other times waxy, and heavy. It is therefore obvious that we should find out the quality of the potatoes we get, before we give our orders regarding their treatment in the kitchen. We ought not to expect all potatoes to turn out equally flourily as a matter of course, and blame the cook if she fail so to serve them.

There are fortunately so many easy and pleasant ways of cooking potatoes that we need never be at a loss for a recipe. If nice and mealy we can of course, boil, or steam them,—the latter method for choice,—and serve them plainly.

In order to preserve its natural salt which contributes much to the flavour of a potato whether to be boiled, or steamed, it ought not to be peeled ; if it be *very* old, you cannot avoid removing the skin perhaps, but, in a general way, a potato is far better cooked "in its jacket," (*en robe de chambre*). When done, the skin can be removed, if you wish, in the kitchen, and the dish be served plain, or in any one of the ways I shall presently speak of.

Choose potatoes as much the same size as you can ; that is to say, do not try to cook a large and two small ones together if you can help it.

To boil potatoes.—Place them in a saucepan and just cover them with cold water with an allowance of salt at the rate of a dessertspoonful per quart of water. Set the vessel over quite a moderate fire, and bring the water in it to the boil ; then check the rate of cooking by drawing the pan to the edge of the fire and simmer

gently from eighteen to twenty minutes. Test with a skewer, and when nearly done accelerate the heat for the last two or three minutes to finish them quickly. Then drain off the water, leaving the potatoes in the hot empty saucepan, and place it at the margin of the fire uncovered for the steam to evaporate, and to dry the potatoes thoroughly.

To steam potatoes.—After having scrubbed clean, and wiped, the potatoes dry, place them in the steamer over boiling water, cover, keep the water boiling and let them steam till done: the time will vary according to size from twenty to forty minutes, the fork (or a skewer) should go through them easily, if not, they are not done. A minute in a fast oven will dry them if needful. Benham's "patent rapid steamer" is a most efficient appliance for potato steaming. It is made in various sizes and can be used with ordinary saucepans.

New potatoes should be scrubbed, rubbed with a coarse cloth, and boiled or steamed according to taste: you cannot expect them to be very mealy, because when first dug up they are immature.

When done and drained, it is usual to put new potatoes with a little butter into a *sauté*-pan over a low fire; to stir them about sprinkling chopped parsley over them, and dusting them with salt. As soon as quite hot they should be dished. Mint, chervil, marjoram or any garden herb may take the place of parsley for a change.

Having boiled or steamed a few potatoes satisfactorily, let us see in how many ways we may serve them, presuming that they have turned out as flourily as we could desire.

First, of course, they may be sent up plainly, either in their skins, or crumbled in to the dish made hot to receive them. Secondly, they may be turned out upon a wire sieve, be rubbed through it with a wooden spoon, and dished plainly in that form as "potato-snow," *pommes de terre rapées* or *à la neige*. Lastly they may be mashed :—

(i) *Pommes de terre ecrasées*.—(in the English fashion).—Break them up first in the dry hot saucepan in which they were boiled, working them well with a wooden spoon, and adding as much butter as you can spare, a little milk, and salt. When fairly well mashed, pass them

through the wire sieve so as to catch the knots, and form the purée with two spoons in dome or cone shape, brush the outside with melted butter marking it in perpendicular lines with a fork, and browning it, if you like, in the oven before serving.

(ii) *Purée de pommes de terre.*—(in the French fashion).—This is presented in a much more fluid condition than English mashed potatoes :—when the potatoes are nicely boiled, and drained pass them at once through the sieve, and put the *purée* into a stew-pan, set this over a low fire and stir into it by degrees milk in sufficient quantity to bring the *purée* to the consistence of very thick batter, finish with butter, two or three yolks, and a spoonful of cream, seasoning with salt, a little mace or nutmeg, and a dust of white pepper. Instead of milk well-skimmed broth from the soup kettle may be used, and those who like it can order the stew-pan to be rubbed with garlic or shallot before the potatoes are put into it.

There are, of course, several nice ways of utilising mashed potatoes :—

(i) *A la Duchesse.*—For twelve ounces of plain mashed potato allow an ounce and a half of but-

ter, three yolks, a dessertspoonful of grated parmesan, and a table-spoonful of cream or milk, season with mixture (b) page 135. Mix while hot and let the mixture grow cold. Roll this out on a floured pastry board, and cut it into equal portions, shape these in rounds or ovals and press them rather flat so as to form thick discs; dredge these over with flour, lay them out on a buttered *sauté*-pan over a low fire, and turn them gently about till they are nicely coloured.

(ii) *A la "G.C."*—Three ounces of Spanish onion boiled very soft should be beaten, hot, with ten ounces of mashed potatoes; butter, cream, pepper, the yolks of two eggs, mace and salt should be added as in the previous recipe, and the mixture cooled, shaped, and cooked as laid down for the *Duchesses*.

(iii) *Croquettes de pommes de terre.*—For these the potatoes are prepared as if for *Duchèsses* as previously described; flavour them with a little chopped parsley, shallot, thyme, marjoram, or spiced pepper. Let the mixture get cold, then lay it upon a floured pastry board, roll it out, form it into balls or corkshapes, and bread crumb them as explained page 160, let the coat-

ing dry ; then plunge the *croquettes* into boiling fat and fry them till of a deep golden yellow colour. Drain and use.

(iv) *Boulettes de pommes de terre.*—Boil and mash one pound of potatoes, pass the *purée* through the sieve. Put into a basin the yolks of three eggs with a little finely-minced parsley and marjoram ; stir into this the mashed potato, an ounce and a half of butter, and only just enough milk to bring it to the consistency of light dough ; add salt, pepper, a dust of nutmeg, and lastly, the whites of two of the eggs whipped to a stiff froth. Lay this on a floured board, roll it out like a rope an inch thick, cut this into three-quarter inch portions, and roll them into balls the size of a large playing marble. Put them on a plate. Have ready a pan of boiling fat, and pass the *boulettes* into it a few at a time, stirring them gently with a fork. Under the influence of the hot fat each little ball will expand and as soon as it turns a rich golden yellow, it is done. These can only be successful with floury potatoes, and a mixture of firm consistence. If this be over moistened and flabby they will not turn out satisfactorily.

NOTE.—For advice in respect of frying *croquettes*, please see Chapter VI.

Potatoes of average quality which may perhaps prove somewhat unsatisfactory when plainly boiled can be cooked with success according to the following methods. The recipes are calculated for five equally sized potatoes which together weigh one pound uncooked.

(i) *Sautées.*—Boil this quantity of potatoes in their skins, drain, peel them, and when partly cooled divide them into quarter of an inch thick slices, cut these across (the pieces ought not to be large; three quarter inch squares or thereabouts). Melt two ounces of butter in a *sauté*-pan over a low fire, put in the pieces of potato, and stir them about till they are lightly browned, using a two pronged steel fork for the work, then scatter finely minced parsley over them, give them a dust of salt, and serve on a very hot dish, with any butter remaining in the pan.

(ii) *Sautées à la Lyonnaise.*—First fry an ounce of shallot (chopped small) in the butter till it begins to turn a pale yellow then put in the pieces of potato and work exactly as for *sautées.*

(iii) *Sautées à l'Indienne.*—Carry out the recipe for *Lyonnaise*, but dust a saltspoonful of turmeric powder over the potatoes as they are cooking.

(iv) *A la Provençale.*—Also as for (ii), but adding a teaspoonful of finely pared and minced lemon peel, chopped parsley, salt, pepper, and a dust of grated nutmeg. When serving, sprinkle a little lemon juice over the potatoes. To be quite correct the *sauté*-pan should be rubbed with garlic before the operation.

(v) *A l'Américaine.*—Cut up six cold boiled potatoes into quarter inch slices: Boil half a pint of milk with a small onion shredded, a pinch of spice, pepper, and salt as for bread sauce; strain and thicken it as laid down for "melted butter" with butter and flour, till you have a nice sauce *blanche*; place your slices of potato in this, and heat them up to boiling point: take the saucepan off the fire, stir in the yolk of an egg, add a large spoonful of chopped parsley, with a pat of butter the size of a pigeon's egg and serve.

(vi) *A la Parisienne.*—Gently heat up the slices of potato in *sauce soubise* mixed rather thinly.

(vii) *A la maître d'hôtel.*—Cook, peel, and slice the potatoes as for *p. de t. sautées*, but do not reduce the size of the slices as in that case. Butter the bottom of the *sauté*-pan, lay the pieces of potato upon it, pour in a gill of broth from the soup kettle, set the pan over a moderate fire, and cook gently so as to absorb the broth gradually, turning the potatoes gently with a fork; when this takes place remove the pan, add a few little bits of butter, a desertspoonful of minced parsley and a sprinkling of lemon juice, and serve.

(viii) *Mock New Potatoes.*—Out of six uncooked potatoes cut a dozen pieces the shape and size of a pigeon's egg: steam these if possible or boil until nearly done. Then melt an ounce of butter in a *sauté*-pan, and put the pieces of potato into it. Stir them about over a moderate fire to finish cooking and, when thoroughly done, serve. Chopped parsley, and a lump of butter, or a pat of *maître d 'hôtel* butter may be added at the last moment.

N.B.—The addition of milk or cream to potatoes mentioned in some of the foregoing recipes has the disadvantage during hot weather of

turning the composition sour after keeping For this reason it may often be wiser to moisten them with broth and enrich them with butter.

Waxy potatoes, pressed through the sieve, and served like vermicelli ought not to be permitted.

NOTE.—Ignorant cooks are apt to confound the term "potato chips" with "fried potatoes." This should be explained. "Fried potatoes," *Pommes de terre sautées*, are slices of *cooked* potato tossed about in butter in the *sauté*-pan over a moderate fire till lightly coloured. The "chips," *Pommes de terre frites*, are thin slices of *raw* potato absolutely boiled in fat in the *friture*-pan.

Pommes de terre frites.—There is perhaps no nicer way of serving potatoes with chops, steaks, grilled chicken, game, roast pigeons, etc., than in the form of chips. An invalid, as a rule, likes a potato thus plainly cooked, and it is a quicker way of doing it than by any of the other recipes.

After washing the potatoes well, peel and slice them carefully a *uniform* thickness—about *half* that of a penny say. As you cut them drop them into a bowl of cold water and let them macerate for a quarter-of-an-hour; then drain,

and spread them out upon a clean cloth to get rid of the moisture. Having dried them thoroughly, place a sheet of blotting paper ready for draining the chips. Now, dissolve a good allowance of clarified dripping (or whatever frying medium is used) in the *friture*-pan ; when very hot, pass into it the potato slices in relays —there should be enough fat to *completely cover them*—and watch them as they are cooking narrowly, turning them about gently with a fork, and as soon as they assume the golden tint you want—a nice rich yellow—lift them quickly from the fat with a perforated slice and let them drain on the blotting paper for a minute or two. When quite dry, turn them into a very hot silver dish (or garnish the dish, with which they are to go, with them), dust them over with salt, and serve. See Chapter VII on the art of frying.

The main points to note are, first the equal thickness of the slices, for if cut both thick and thin, the latter will be done more quickly than the former, and it is no easy thing to fish out the pieces that have taken colour from those that have not. *Drying* the chips well is essential number two, plenty of boiling fat the

third, and careful drainage when done the fourth.

Pommes de terre frites may be trimmed into various shapes,—filberts, dominoes, etc., and cooked exactly as chips. Uniformity in size is again necessary, soaking a quarter-of-an-hour in cold water, and carefully drying before cooking. The cook must take pains in cutting her patterns, or there will be waste in the cutting.

Pailles de pommes de terre, or potato straws, are simply long, narrow strips of potato cooked in this manner.

A set of French vegetable cutters will be found most useful and economical for trimming purposes. With a riband cutter *pommes de terre rubanées*, can be produced the cooking being exactly like that for *frites*.

Pommes de terre soufflées.—Cut as many potatoes as you require in oval shape all the same size, about two and a quarter inches long, and one and a half thick; trim the ends and sides flat, and then slice the potatoes crosswise in slices the thickness of a two-shilling piece. Put these into cold water for twenty-five minutes, then dry them on a cloth. Prepare two frying-

kettles; in one put an allowance of ordinary frying oil that may have been used once before, in the other some perfectly fresh oil, Half fry the pieces of potato (*i.e.*, without allowing them to take colour) in the first oil, drain them on a sieve, and let them get cold. Shortly before they are wanted plunge them into the second oil, which should be very hot, move them about, and let them swell out, then drain, dry, and serve on a napkin. Pieces that will not swell may be taken from the fat, set to get cold, and then tried again in the hot fat.

Pommes de terre á la Maréchale (an *entremets*): —Boil or steam until three parts done a pound-and-a half of potatoes; then peel, and cut them into slices the thickness of a half-penny. Butter a fireproof china baking dish or *légumière* and arrange the potato slices in it, in layers closely overlapping each other like the scales of a fish; sprinkle melted butter over each layer, and grated cheese with seasoning: continue this until the dish is packed, finishing with a sprinkling of cheese and a number of little bits of butter on the surface. Put the dish into a moderate oven and bake for half-an-hour. Serve as it is.

Pommes de terre, Anna (another *entremets*) :— Prepare the potatoes as explained for chips, keeping them uniform in thickness. Soak them in cold water for twenty minutes, then dry them. Now choose a fire-proof dish with a cover which you can paste down securely. Butter the inside of this, and pack it closely with the slices of potato as described in the foregoing recipe, omitting the cheese, but being liberal with the butter : finish with butter on the top in the same way, and fix on the lid with paste. Put the dish now into quite a moderate oven and bake gently for three quarters of an hour. Now take off the cover, and you will find the potatoes packed closely *en masse* ; with a sharp knife cut this straight through the centre, and also across thus dividing the mass into quarters. With a palette knife invert these so that the part that was at the bottom will come to the top. Cover the dish again and push it into the oven for ten minutes, after which the *entremets* will be ready ; dish as you would a tea-cake on a very hot dish, pouring the melted butter which may remain in the baking dish over it.

NOTE.—This dish first appeared at the Café

Anglais in Paris. Like a great many excellent things it is very simple—merely slices of potato baked in butter. The directions in respect of cutting, macerating, drying, and close packing must be carefully followed, and the oven must be regulated with judgment. If too fast, the outside pieces of potato will become dry and parched, while those in the inside will be scarcely cooked enough.

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PEAS.—*Petits pois* :—May be boiled, cooked in a closed vessel (jugged), or stewed. After they are cooked they can be served in various ways to be detailed presently.

NOTE :—No green vegetable, especially peas, should be cooked in a *tinned* utensil. Use French glazed earthenware or enamelled ware. French cooks use non-tinned copper. Never use *soda* if you can avoid it in cooking peas. *Soft* water and a non-tinned vessel will preserve the colour.

Boiled peas :—Put one quart of water with a teaspoonful of salt, one of sugar, and half an ounce of green mint on the fire: when it boils, pour in a pint measure of shelled peas ; continue boiling ; when done drain, and turn them out upon a *sauté*-pan with an ounce of butter, dredge

a little salt and finely-pounded sugar over them, work the peas using a two-pronged fork till the butter melts, and is blended with them, then empty them upon a hot dish and serve.

NOTE:—It is a good plan to shred the empty pods in very thin strips and boil them in the water with the mint, sugar, salt, and pepper, as a preliminary step. This yields a well flavoured broth which, strained and brought to the boil, makes a capital *fonds* or stock for cooking the peas themselves, improving their flavour. The liquid (*cuisson*) produced by boiling peas should never be thrown away. It makes an excellent moistening for a white sauce, and improves any vegetable soup.

Stewed Peas—Petits pois accommodés. To cook old peas:—Put an ounce of butter into a stewpan with four ounces of onion finely minced, an ounce each of mint leaves and parsley, dessertspoonful of sugar, and a teaspoonful of salt; cook this awhile till the onions take a pale colour, and then add the pea pods shredded, with as much water as will just cover them: bring to the boil and after that simmer until a nicely flavoured broth has been produced.

Now take off the pan, strain the broth, and rinse out the pan ; return the broth to it, and the peas, bring slowly to the boil, and then simmer gently till they are tender ; after this strain the peas, thicken the broth with butter and flour, adding seasoning if necessary, the yolk of an egg or spoonful of cream, and lastly, the peas again : stir well, bring the contents of the pan to steaming point, dish, and serve.

Purée de petits pois :—Another way of cooking old peas :—Boil or stew them as previously described, and then work them through the sieve. Make half-a-pint of white sauce with the *cuisson* of the peas, reduce this till it coats the spoon, season, if required, with white pepper, salt, a very little sugar, pass into this by degrees the peas *purée*, stir over a low fire, dish and serve.

Jugged peas :—This is perhaps one of the best ways of cooking peas. You get the whole flavour of them for they are actually stewed in their own sap, they are rarely overdone 'to a mash,' as boiled peas in clumsy hands often are, and even old peas become tender and eatable by such treatment. Having shelled a pint of green

peas, put them into a two-pound jam jar, with a screw lid or any kind of pot or jar with a closely fitting top provided that it can be completely closed, and put in with them a tablespoonful of butter, a saltspoonful of salt, and a teaspoonful of powdered sugar, a dozen mint leaves, and a very little black pepper. Cover the vessel down tightly, and immerse it in a stewpan, to the extent of half its depth, in boiling water. Set the latter on the fire and boil briskly: the peas should be examined in half-an-hour by which time, if very young, they should be done. Pick out the mint leaves, and serve.

The flavour of lettuce leaves and young green onions may be substituted for mint. The onions or leaves should be tied in a bunch, and put in with the peas to start with, so as to be easily removed when the peas are served.

Peas form a favourite *entremets* alone. The following styles are recommended :—

Au beurre:—In the manner described for finishing boiled peas.

A la poulette:—Moistened, after cooking and draining, with poulette sauce, page 71.

A la maître d'hôtel:—Finished after cooking with *maître d'hôtel* butter.

Au beurre vert:—Finished with green butter.

A la Hollandaise:—Finished with *Hollandaise* sauce, page 72.

Soubisés:—Finished with *soubise* sauce, page 76.

Peas can also be served cold, a method which has lately become fashionable:

A la crème—cold, with a coffee-cupful of cream poured over them just as you serve—a few drops of tarragon vinegar should also be sprinkled over them.

Sauces *mousseline* (page 102), *Béarnaise* (101), asparagus (106), and cold Hollandaise (101) can also be used effectively for the cold service of peas.

Perhaps one of the nicest dishes of peas is that in which they are associated with lettuce—

Petits pois au laitue:—The lettuce, separately braised, is dressed in a circle round the margin of the dish, and the hollow left in the centre is filled with the peas. Or the braised lettuce, shredded, is laid at the bottom of the dish, and the peas arranged over it. (See lettuce).

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French Beans—(*Haricots verts*):—English

cooks are apt to make a very unfortunate mistake in respect of this vegetable: they slice the pods of the bean into *thin strips*. By doing this, nearly all the flavour of the bean is lost in the cooking. The pods, which *must* be gathered young, should be simply peeled all round to get rid of the delicate fibre, their ends should be nipped off, and they should then be plunged into *boiling* salted water:—Use a non-tinned vessel and soft water, but *no* soda, to preserve their bright green tint, and at least a teaspoonful of salt and one of sugar should be mixed with the water. If quite young, there will be no fibre to remove.

Stewing—(*Haricots verts étuvés*):—Butter a stewpan, lay in it the beans prepared as above, sprinkle them with salt and white pepper, cover them with vegetable broth or *bouillon*, bring to the boil, and then simmer very slowly. When done drain the beans, arrange them in a *légumière*, thicken their *cuisson* with butter and flour stirring into the sauce thus made one raw yolk, sharpen with lemon juice, and pour it through a pointed strainer over the beans. Milk may be substituted for broth.

Jugged:—If cross-cut into three-quarter inch diamond shaped pieces French beans may be cooked in the jar like peas.

Having cooked the beans nicely, you can serve them in the following different methods calculated for a pint measure of cooked beans:—

Aux herbes:—Turn them out into a hot dish, melt an ounce of butter in a little saucepan, add a table-spoonful of finely chopped parsley, chervil, tarragon, and green stem of onion if approved, salt, pepper, and a pinch of grated nutmeg,—pour over the beans, and serve.

Au sauce blanche:—Make a *sauce blanche* (page 65) using half a pint of the water in which the beans were cooked, salt, pepper, and a little nutmeg; stir into this the yolk of a raw egg, or a dessertspoonful of cream, give it two or three drops of lemon juice, and add as above.

A la Milanaise:—Make half a pint of *sauce blanche* as above, enrich it with the yolk of an egg and a little milk or cream, dredge into it a tablespoonful of mild grated cheese, sharpen with lemon juice, and pour it over the beans.

A la crème.—Cold; sprinkle with tarragon vinegar, and pour a coffee-cupful of cream over

the beans. A teaspoonful of finely minced chives or green stem of onion is an improvement.

A la maître d'hôtel.—Stir an ounce pat of *maître d'hôtel* butter into them, and serve as hot as possible.

Haricots verts soubisés.—Drain the water from the beans, and stir in half a pint of *soubise* sauce (page 76) which has been carefully passed through a hair seive, heat up gently, add a dessertspoonful of cream and dish in a *légumière.*

Haricots verts sautés.—After boiling, drain, and turn the beans into a *sauté*-pan with an ounce of butter. Stir them gently over a low fire with a two-pronged fork, let them absorb the butter, season with salt and pepper, and serve.

Hollandaise and *Béarnaise* (pages 72 and 74) sauces are applicable to French beans; and a *poulette* made with some of the water in which the beans were cooked, thickened with *beurre manié*, page 63, and yolks of eggs, sharpened with lemon juice, and seasoned with salt, assists them greatly.

French beans, like peas, are very nice served cold as a salad to be mentioned later on, or with the superior cold sauces recommended for cold peas.

FLAGEOLETS.—The *beans* of *haricots verts*, kidney beans, scarlet runners, and dwarf beans, when shelled green, and served in various ways are known abroad as *flageolets*. As a rule we try to eat the pods long after they have outgrown their edible stage, and have become stringy and tough. Now, the young *bean* when about three parts grown is delicious, and, omitting the mint, may be cooked as laid down for peas and served as recommended for *haricots verts*. *Flageolets sautés*, *a la poulette*, *soubisés*, *à la maître d'hôtel*, *etc.*, make very nice *entremets*.

Haricots verts panachés, a capital dish, is composed of young green pods and shelled beans mixed together. You can thus dispose of the old pods, and use the tender ones to the best advantage. This recipe will be found useful by those who grow their own beans.

N.B.—The water or *cuisson* in which French beans are boiled is a vegetable broth or *stock*. Use it when making your *sauce blanche* in preference to milk or plain water.

The pepper used with these vegetables should be black, and freshly ground. For this you should possess a table pepper-mill.

BROAD BEANS (*Fèves de marais*): When very young these may be cooked liked peas: when older they should be boiled with plenty of water, salted, until the skins are detachable from the beans. They should then be drained, skinned, and stirred over a low fire with a two pronged fork in a *sauté*-pan with butter—an ounce of butter to a pint measure of cooked beans—sprinkled with finely minced parsley and served. Some like mint with these beans, but the best herb for them is summer savoury (*Sarriette*) to be found in most old fashioned gardens.

After having been skinned, broad beans can be served in the various ways mentioned for *haricots verts*, *fèves à la bourgeoise* being prepared exactly like *haricots verts étuvés*.

DRIED HARICOT BEANS (*haricots secs*):—White (*Soissons*), red haricots, lentils, and butter beans are of the highest value to the vegetarian. They are required for various dishes, make good garnishes, besides being remarkable for their highly nutritive qualities. They must be washed, all that float being thrown away, see page 41.

After this they should be soaked for twelve hours at least and then put into *cold* water slightly salted, brought slowly to the boil, and simmered very gently until quite tender. Unless carefully treated in this manner they are apt to be indigestible. Their flavour is improved if, for a pint measure of uncooked beans, twelve ounces of onions are put into the vessel with them, a muslin bag of dried herbs, and a teaspoonful of coarsely ground black pepper. Three pints of water should be allowed for the moistening. When the beans are done the broth they produce should be kept, for as already described in chapter III, it is a nutritious stock with which good soups can be made, not to mention sauces for the beans themselves.

When satisfactorily cooked these beans can be finished in most of the ways already described for *haricots verts.* A standard method is of course that known as *à la Bretonne.* Measure for measure is the rule :—a pint of Brown onion *purée* to a pint of cooked beans. If, when mixed, this preparation is carefully reduced over a low fire (as in dry curry making) and stirred well with a two pronged fork until the moisture is

exhausted by one half, the flavour seems much improved.

Haricot beans are nice if treated in the manner described for potatoes *sautées à la Lyonnaise*, and *à l'Indienne*.

Purées of white haricots *soubisées* or *tomatées*, or of red beans, or lentils *à la Condé* with a brown onion *purée* worked rather stiffly, form very good garnishes for cutlets, *croquettes*, *noisettes*, etc. The proportions of the two former may be set down as follows :—One quarter of *soubise* to three quarters of beans *purée*; the same of tomato *purée*. For *Condé* one-third of thick brown onion *purée* to two-thirds *purée* of lentils.

Dried Butter Beans make a particularly nice dish because it is easy to remove their skins. Thus prepared they can be served with any of the sauces suggested for haricots verts.

DRIED PEAS may be freshened very satisfactorily in the following manner:—Having washed them and removed all that float on the surface of the water, drain and put the peas in another pan of luke warm water for from twelve to eighteen hours, drain again and put them,

damp, upon a joint dish, heaped up ; watch for signs of sprouting and then cook them like green peas. They will be found sweet and fresh making quite a nice change in the winter.

Dried peas in their ordinary condition should be treated exactly like haricots. They are useful in the form of purée, in the same way as dried beans, for garnishing blended with tomato, onion and other purées. Mixed in half proportion with well boiled rice, nicely seasoned, and with plenty of butter, they make an excellent khichri scarcely to be distinguished from dhàl khichri.

CABBAGE (*chou*).—This vegetable is so often spoilt by bad cooking that I think the following rules for cooking cauliflowers, sprouts, kale and cabbages of all kinds are necessary.

1.—Use the freshest vegetables you can procure.

2.—Remove all dead and bruised leaves ; if a cabbage, cut it into halves or quarters according to size, trim off the stalk neatly.

3.—Put the vegetable into strongly salted water (cabbages and cauliflowers, head downwards) for fifteen minutes to get rid of insects, caterpillars, etc., but do not *soak* them.

4.—Soft water should be used for all vegetables. Hard water can be softened for cooking cabbages and greens by a small allowance of soda—a piece of washing soda the size of a hazel nut, or a saltspoonful of carbonate of soda will soften two quarts.

5.—The vegetable should be plunged into *boiling* salted water for five minutes to *blanch*: then drained, cooled in cold water, the moisture pressed out, and plunged into *fresh* boiling salted water.

6.—Two tablespoonfuls or an ounce, of salt to a gallon of water is the porportion that should be allowed.

7.—A small allowance of sugar, one-third that of salt, brings out the flavour of green vegetables.

8—.The preservation of a nice colour is important in the cookery of green vegetables: this can best be secured by:—

i. Using a roomy vessel, not tinned, uncovered.
ii. Blanching.
iii. Using soft, or softened water.
vi. Using plenty of water.
v. Permitting the steam to escape freely during the boiling.

9.—Bitterness such as is sometimes met with in kale, turnip-tops, etc., is remedied by the blanching process. See that the second water is also boiling at the moment the change is effected.

10.—Never allow cabbages, sprouts or greens of any kind to remain soaking in the water in which they were boiled; drain them at once when they are done.

11.—The use of plenty of water in the cooking of all sorts of cabbages, kale, sprouts, etc., is not only preservative of colour, it is also advantageous in reducing the disagreeable smell which cabbage water has when the common method is followed.

12.—After draining cabbages or greens, press out all the moisture from them which they absorbed during the boiling; serve the cabbage in neat quarters without chopping; greens should be patted with two spoons into an oblong shape out of which neat squares should be cut; pats of *maître d' hôtel* or plain butter may be laid on the quarters of cabbage or squares of greens.

Cabbages, cauliflowers, sprouts, and greens can also be cooked in the steamer, by which

process they do not absorb so much water, so do not require such careful draining. The flavour of these vegetables, indeed, is more successfully developed by this system of cookery than by boiling, owing to the retention of their saline elements. The only objection that may be urged is that their colour is not so bright. Vegetables should be carefully prepared as if for boiling, some salt should be sprinkled over their leaves, and they should be placed, dry, in the perforated receptacle that fits into the top of the steamer. Water should then be poured into the lower vessel, filling it not more that half full. The steamer should now be placed over a brisk fire. After the steaming has set in, the contents of the receptacle should be examined now and then, and tested exactly as boiled vegetable are. The patent rapid steamer, or Warren's vegetable steamer are suitable for this process.

There are various methods of dressing greens, —after boiling or steaming them,—Take a few garnishes first :—

(i)—Turned out after draining thoroughly, upon a board and chopped like spinach, then

put into a stew-pan over a low fire moistened with melted butter, and a coffee-cupful of milk or good broth, and worked till hot and nearly dry with a wooden spoon. In this form the cabbage may be used as a bed on which neatly poached or hard boiled eggs in halves, buttered eggs, or a nice omelette may be laid.

(ii)—Cut up as in the previous case and mashed with potato in equal bulk, put into a stewpan as above and moistened with butter and milk, and seasoned with salt, pepper, and grated nutmeg. Good as a central support for a ring of cutlets, croquettes, noisettes, etc.

(iii)—After having been drained free from moisture, chopped like spinach, seasoned and worked like (i), then laid out on a freshly scalded cloth from which the water has been wrung, and rolled in the cloth, like a rope, an inch-and-a-half thick, this divided into two-inch lengths, laid in a buttered *sauté*-pan over a low fire, and turned about gently until thoroughly hot. Use for a garnish with a pain, timbale, etc.

Stewed cabbage (*chou braisé*).—Take a small savoy or half any good sort of cabbage weighing about one pound. Trim and blanch it

according to the directions that have been given. Stop the second boiling when the cabbage is a little more than half done, take the pieces out and drain them. Now, mince four ounces of Spanish onion, a dessertspoonful of celery, and one of parsley: season with a pinch of sugar, seasoning (*a*), and salt; put all in a stewpan in which four ounces of butter have been melted and set it over a moderate fire. As soon as contents of the pan have softened nicely lay the cabbage quarters in it, turn them about for a minute or two then moisten with sufficient bean broth to cover them. Cover the surface with a round of buttered paper cut to fit it; cover the pan, and let it just come to the boil, then simmer over a low fire gently till the cabbage is done. Now lift out the quarters, drain, place them in a hot dish, and cover them up. Strain the broth, skim it, thicken it with a roux of flour and butter, and pour it over the cabbage. The better the broth in this case, the better the result.

Cabbage with poulette sauce (*chou à la poulette.*) —Divide it into quarters, blanch, drain, and finish the cooking in milk. Press out all moisture,

and make a nicely flavoured *sauce blanche* with the *cuisson* strained off, adding a gill of cream blended with two yolks; place the quarters in the *légumière*, and serve, pouring the sauce over them. In like manner cabbages can be served:—*à la soubise*, *à la milanaise*, *à la hollandaise*, etc.

Cabbage with rice (*chou au riz*).—Blanch, drain and par-boil a cabbage, shred it and put it with half its bulk of half-boiled rice into a stewpan with as much broth as will cover them, season well with seasoning (b), and simmer till they are done, then serve. Grated cheese should be handed round with this.

Chou à la Piémontaise.—Blanch and either boil or steam a pound cabbage; drain, press, and let it get cold; separately cook eight ounces of mild onions let this get cold also. Choose a fireproof baking dish, and brush it over with melted butter; sprinkle this with minced parsley and chervil; shred both the cabbage and the onions and arrange them in separate layers, dotting in a few pieces of butter, dusting each layer with seasoning (b), and dredging over it a thin coating of grated cheese; when completed, moisten level with the top with broth or milk, and brush the

top with melted butter. Push into the oven at moderate heat, and as soon as the dish is thoroughly hot, serve it.

Chou à l'Indienne.—Melt two ounces of butter at the bottom of a stewpan over a moderate fire, put in four ounces of Spanish onions cut in dice, and a tablespoonful of coarsely minced parsley. Fry together for five minutes, then stir into the pan one pound of par-boiled shredded cabbage; continue the frying without colouring for five minutes, and then moisten with enough cocoanut milk (prepared as for curry making) to just cover the greens; add green chillies in strips according to the degree of heat desired, and simmer gently till the greens are done, and most of the cocoanut milk absorbed. Serve on a very hot dish.

BRUSSELS SPROUTS (*Choux de Bruxelles*), on account of their convenient size are specially suitable for garnishes, etc. Their boiling must be conducted in the manner indicated for cabbages, *i.e.*, blanching (in this case five minutes only) draining and cooking in plenty of water which must be boiling, well salted, and allowed to steam freely with the lid off. Care must be

taken not to overdo them or they will be spoiled. It is also necessary to choose the dish of sprouts all the same size, or the small ones will be overdone. See remarks page 34 regarding the best vessel for cooking this vegetable. Having been thus cooked and well drained, they can be served according to the following methods :—

Au naturel.—tossed in a *sauté*-pan with an ounce of melted butter, and seasoned with pepper and salt.

A la maître d'hôtel.—tossed in an ounce of butter in a *sauté*-pan, with a dessertspoonful of minced parsley and the juice of a lemon sprinkled over them, salt and pepper seasoning.

A la Lyonnaise.—fry a tablespoonful of mild minced onion in an ounce of butter; when a golden colour, add the sprouts, toss them together in the pan for three minutes, and serve hot.

Au jus.—gently stirred over a low fire with a few spoonfuls of good bouillon or vegetable broth, and seasoned with seasoning (b), until the liquid is absorbed.

A la poulette.—cook the sprouts in milk following the recipe given for cabbage, turn the *cuisson*

into a white sauce, and finish in the same way with yolks and cream.

A la crême.—served cold, sprinkled with tarragon vinegar and a coffee-cupful of cream poured over them.

A la Hollandaise froide.—very well drained, seasoned, and masked with a creamy Hollandaise, page 101.

Cold sprouts are nice if eaten with a *mayonnaise* or *tartare* sauce, or dressed with oil, vinegar, salt, and minced shallot or green stem of onion.

CAULIFLOWER (*chou-fleur*). — The proper method of cooking a cauliflower has been described the only difference to be noted being that to preserve the whiteness of the flower the water for the second boiling should be clouded with milk or flour, see *blanc* page 257. After having been boiled or steamed they can be served with a variety of sauces. Cut the stalk flat so that the cauliflower can sit up, as it were, the flower in the centre, and a few of the leaves round it, pour over it a good tomato sauce, *sauce poulette*, *soubise*, *milanaise*, or *hollandaise* and dust some finely sifted raspings over the whole.

Chou-fleur en bouquets.—This method of preparing a cauliflower has been explained page 128. After having been cooked and drained, the *bouquets* can be arranged in the centre of an *entrée* of cutlets, etc., masked with any of the sauces just mentioned. As an *entremets* they can be laid in a *légumière* and similarly covered with sauce, or in either case they may be simply finished with a pat of butter, *maître d'hôtel*, capers, *ravigote*, or other fancy butter melting over them.

Chou-fleur au gratin (also called *chou-fleur au fromage*).—Cooked cauliflower is necessary for this so it may be made with a cold one left at a previous meal, or with one boiled or steamed specially for it. Cut the flower into sprigs (*bouquets*), lay them upon a buttered fireproof china dish, moisten with *sauce milanaise* (page 80), add another layer if there be enough, moisten this again and give the surface a liberal dredging with grated cheese, scatter little bits of butter over the surface, put it into a moderate oven to colour nicely, and heat thoroughly, and serve.

NOTE.—The moistening can be done with *sauce blanche* and a little grated cheese can be dredged over each layer. Another way, without

sauce, is to pour melted butter over the sprigs rather liberally, and dredge grated cheese over the surface. But to produce the dish at its best, the following method is, I think, the most reliable: Blanch a fresh head of cauliflower, cool and drain it, cut the flower into bouquets and put them with five ounces of par-boiled onion, finely minced, into boiling milk and water mixed in half proportions; simmer, and soon as the sprigs are done, drain and cool them; turn the *cuisson* with the onion to a *sauce milanaise*, passing it through the hair sieve, add a tablespoonful of cream, and then finish as already described. The *cuisson* improves the flavour of the dish.

The Pilão of cauliflower will be found in the menus.

LETTUCE-(CABBAGE)-*Laitue.*—Although commonly looked upon in English households as a salad vegetable, the lettuce is particularly agreeable when stewed in broth and served hot alone or with tender green peas, or very young broad beans. In the summer when they are plentiful this dish is much to be commended.

Laitues braisécs.—Choose three or four good

sized lettuces, soak them for fifteen minutes like cabbages to get rid of slugs and insects. Trim them neatly, casting away all bruised or faded leaves, wash them and plunge them into boiling water, (salted) for ten minutes to blanch them, drain them, pour cold water over them, press the moisture from them, cut them in two, season with a sprinkling of salt, tie the halves together with tapes, put them into a stewpan with sufficient broth or boiled milk to cover them, add two tablespoonfuls of melted butter, four ounces of shredded onion, a bunch of parsley, and a dusting of seasoning (b), cover with a round of buttered paper, and simmer for two hours. Take out the lettuces, remove the tapes which tied them, put them into a hot *légumière*, skim the *cuisson*, turn about half a pint of it to either white or brown sauce as may be desired, pour this over them, and serve.

Laitues farcies.—After stewing the lettuces for an hour as above take them out, untie carefully, pick out a few leaves from the centre of each half, fill this with a spoonful of farce chosen from those given in chapter vi; put the halves together again, tie them as before, and continue

the cooking as for *laitues braisées*, finishing in the same manner.

LETTUCE (COSS)-(*Laitue Romaine*).—These straight growing lettuces can be cooked exactly like cabbage lettuces.

NOTE.—A very good and uncommon dish can be made out of the *stalks of lettuces*, both cabbage and coss, which shoot up prior to seeding. These, cut when quite young into four or five-inch lengths, tied in bundles like asparagus, and cooked in boiling salted water in the same way, can be served with butter melting over them, or any of the sauces mentioned for French beans. They are also nice cold with cream, *mayonnaise*, or cold *hollandaise* sauce.

SPINACH (*épinards*).—Having picked three pounds of leaves carefully, wash them well in two or three waters to get rid of all grit, blanch them by plunging them for five or six minutes into scalding water, drain, cool them under a tap of cold water, press out the moisture, put them on a board, and chop them up. Put into a stewpan three ounces of butter, melt over a

moderate fire, and when very hot add the chopped leaves, season with salt, and a little sugar, stir round continuously till the moisture has evaporated and then enrich with a gill of good *sauce blanche* page 65 ; stir well, add a final ounce of butter, turn the *purée* out upon a hot dish, garnish it with sippets of fried bread, *fleurons* of puff pastry, or short biscuits specially baked for the dish, and serve. For these biscuits *see* "croustades for garnish" Note (3) (page 113).

Note that it is not at all necessary to pass spinach through a sieve. If they are young and tender, you should, after blanching draining, and "refreshing" the leaves, chop them up on a board, and if cooked after that as I have described, they will take the consistence of a *purée* without the process of passing. You can serve spinach as an *entremets* in the following ways :—

Epinards soubisés :—For this substitute a gill of *sauce soubise* for the *sauce blanche.*

Epinards au beurre ;—with butter instead of of sauce.

Epinards à la crème :—with cream instead of sauce.

Epinards au jus:—with strong vegetable broth instead of sauce.

Epinards au fromage:—enriched with sauce, then arranged in a *légumière*, the surface dredged lightly with grated cheese, and pushed into the oven for a few minutes.

Croûtes creuses aux épinards:—Little *croustades* or *bouchées* made of puff-pastry, or short-paste crust (*see* page 112), filled with carefully-made spinach *purée*, and masked with granulated hard boiled egg.

With poached or hard boiled eggs arranged on the surface.

Epinards aux œufs brouillés:—As above, but with buttered eggs spread over the surface.

When required to garnish the centre of dish of *croquettes*, *noisettes*, *rissoles*, etc., the spinach will require a little stiffening. This can be obtained by working an ounce of flour with the butter in the first instance, and seeing that the sauce is well reduced before it is mixed with the *purée*.

Curled Endive (*Chicorée frisée*).—May be treated *after* it has been cooked exactly like spinach, but as it possesses a tougher leaf, it requires a slightly different method of preparation:

Trim the stalk, pick off the very coarse outside leaves, cut off the green tips, and strip off the better leaves, one by one, from the stem, casting each into a bowl of cold salted water. Thus every leaf is examined and cleaned. Now blanch them in boiling salted water like spinach, but extend the period to twenty-five minutes. After this, drain off the water, cool, and press the endive leaves, turning them out on a board, and chopping them like spinach. Unless the plant is young it may be necessary to pass the *purée* through the sieve.

For *White endive purée*, only the light whitish yellow leaves in the heart of the plant should be used. After blanching fifteen minutes, these should be drained, cooled, and pressed, and then put into boiling milk and water in half proportions or clear broth and simmered until quite tender. The chopping on a board follows this, and the finishing as explained for spinach with butter and a little cream instead of *sauce blanche* and butter.

Curled Endive becomes much reduced in bulk by cooking. Three or four plants are required for even a moderately sized dish.

Batavian Endive, (*Chicorée ou Escarole*).—

This vegetable is generally used in England for salads, and known as "chicory," but it well repays the trouble if braised like lettuce and served as I have explained for that vegetable.

SORREL (*Oseille*).—This very wholesome vegetable, not used nearly as much as it ought to be, is cooked like spinach after *ten* minutes blanching. Unless very young, passing through the sieve will be found necessary to produce a smooth *purée*. Excellent as a garnish with some *entrées*, in the form of a rather fluid *purée* it makes a nice sauce, while the sharp taste of *sorrel* seems particularly acceptable with poached eggs. It can be blended with spinach effectively in half proportions, or less as may be liked. *Sorrel* plays a necessary part in *potage à la bonne femme*.

NOTE.—The tender central leaves of beetroot, of watercress, and many wild plants (to be spoken of later on) can be cooked and served as spinach. Beetroot leaves need not be worked to a *purée* being quite nice enough when coarsely chopped, and finished with butter.

JERUSALEM ARTICHOKES (*topinambours*).—

Wash two pounds of artichokes, peel and shape them nicely, dropping each one into a basin of salt and water at once to prevent its turning black; when they are quite young put them into a saucepan with salted boiling water sufficient to cover them well, and clouded with flour or milk to keep them white; boil till tender (which will take about twenty minutes after boiling, thrown back by their immersion, recommences) and drain. When at all old Jerusalem artichokes should be cooked like potatoes, *i.e.*, put into cold water, brought slowly to the boil, and then simmered till done.

When they are cooked it is the usual English custom to smother them with a tasteless 'corn-floury' white sauce. If a white sauce be used for this purpose it ought to be made like *sauce blanche* with *roux* on a good vegetable broth basis (page 48). It is on this account a good plan to put four ounces of onion and an ounce of celery both minced small with the artichokes and to moisten with milk and water in half proportions. If nicely seasoned, and assisted with the yolk of an egg to finish with, this *cuisson* when strained produces an excellent sauce.

Various ways of serving this vegetable:

Topinambours au jus.—Boiled, drained, arranged in a neat *légumière* with half a pint of good *bouillon* (page 41) poured round them.

Topinambours gratinés.—Boiled, drained, arranged in a fireproof dish, this set in the oven, basted with butter, lightly browned, and served as hot as possible.

Topinambours à la maître d'hôtel.—Boiled, drained, and dished, with melted *maître d'hôtel* butter poured over them. Also nice with ravigote butter, montpellier butter, etc

Topinambours à la Milanaise.—Boiled, drained neatly arranged in a *légumière* and masked with *sauce milanaise.* (Page 80.)

Topinambours au fromage.—A *purée* made of two pounds of plainly boiled artichokes moistened with a gill of *sauce soubise*, and seasoned with pepper, and salt: this, turned into a well-buttered baking dish, its surface dusted over well with finely grated Parmesan, and the whole baked until the top takes colour,

Coquilles de topinambours.—Instead of using a baking dish the *purée* as above may be baked in some well-buttered *coquille* shells.

Topinambours frits.—These are done exactly

like potato chips (page 198), care must be taken to dry the slices thoroughly before plunging them into the hot fat.

Beignets de topinambours.—Cut half-a-dozen large ones, after they have been three parts boiled, into long strips about two inches long, half-an-inch wide and a quarter-of-an-inch thick. Dry them thoroughly, rolling them in flour, and dip them in the batter described in Chapter VII and fry them a golden tint: these fritters can be served alone as an *entremets*, or as the central garnish of an *entrée*.

Topinambours sautés.—For this the artichokes must not be quite done. Slice them and cook exactly like potatoes sautées. In like manner *Topinambours sautés à la Lyonnaise*, and *à l'Indienne* (page 195) can be produced.

Crême de topinambours (or *purée* of Jerusalem artichokes moulded).—Having boiled two pounds of artichokes in the manner described, drain, mash, and pass them through the hair sieve; melt two ounces of butter in a stewpan, put in the *purée*, and stir it well over a moderate fire to exhaust the moisture. When this has been done empty the contents of the stewpan into a

bowl, and let it get cold, then add one gill of cream, four whole eggs, one by one, and season with pepper and salt. Whisk while composing this, and when thoroughly blended put the mixture into a well-buttered charlotte mould, and cook it by the process explained, page 167, very gently for one hour. Turn it out upon an *entrée* dish, mask it with sauce *Milanaise*, *Hollandaise*, *poulette*, *Hollandaise tomatée*, or *maître d'hôtel.*

Or:—turn out the mould, mask and set it in the ice box, sending it up with iced cream or a cold *Hollandaise* sauce in a boat. The method of setting a *Crème* with gelatine is given on page 176.

THE GLOBE ARTICHOKE (*Artichaut*):—A globe artichoke, like a cabbage, must be soaked in salt and water with a little vinegar to get rid of the insects which may be hidden between the leaves. Then it must be set head downwards in boiling salted water, and boiled till the leaves part easily from the core. When done, drain, and dish it hot. A little *beurre fondu* in which a few drops of tarragon vinegar, or lemon juice

have been introduced, with a seasoning of black pepper and salt, is the usual sauce.

Artichoke bottoms (*fonds d'artichaut*) are trimmed in this way.—Cut the tops of the leaves horizontally, parallel with and close down to the top of the *fond* or bottom. Trim all the leaves that may adhere to the *fond* quite closely all round, and pare off the stalk smoothly. A short very sharp knife is necessary for this operation.

Drop each *fond* as you trim it into cold water in which half a lemon has been squeezed, or a tablespoonful of vinegar poured, to prevent its turning black, and when you have prepared enough for the dish you require, plunge them into boiling water with a dessertspoonful of salt, and a teaspoonful of vinegar ; continue boiling unti the *fonds* are sufficiently soft to enable you to scoop out the chokes, then lift them out and drain, cool, scoop and trim them. They may be now finished as follows :—

1.—As *quartiers d'artichaut sautés* (*i.e.*,, each *fond* cut in quarters) treated like new potatoes —gently stirred about with a fork in a *sauté*-pan in butter over a low fire till thoroughly hot, and served sprinkled with salt and chopped parsley.

2.—*A la maître d'hôtel.*—As above with *maître d'hôtel* butter, or *ravigote* butter.

Unless quite young and freshly gathered artichokes whether in *fonds entiers* or *quartiers* should, after trimming and scooping, be put into *blanc* (*see* celery) and gently simmered till quite tender in which state they can be served in a *légumière* masked *au sauce blanche*, *poulette*, *Milanaise*, *soubise*, *Hollandaise*, *verte aux herbes Béarnaise*, *etc.*

Cold cooked artichokes (*fonds* or *quartiers*) can be served with cream, *sauce mousseline* (page 102), or any of the cold sauces (page 101) also with *mayonnaise*, *tartare*, *ravigote*, and "asparagus" sauces, Be sure that both vegetable and sauce are very cold.

Quartiers d'artichaut frits:—Well dried, floured, egged, crumbed with finely sifted *panure*, and fried in boiling fat a golden yellow, in which form they make a nice garnish, or *entremets*. Serve sprinkled with salt, and with *beurre fondu* in a boat.

Quartiers d'artichaut gratinés:—Arranged in a buttered *légumière*, dredged over with finely grated cheese, and set just long enough in the

oven to take a light crust colour on the surface.

Beignets d'artichaut :—Made with *quartiers*, dipped after careful drying in batter and fried : see pages 153-56.

The following methods are to be recommended for *fonds d'artichaut entiers :*—

Fonds d'artichaut à la barigoule :—Having par-boiled and drained six artichoke bottoms of a fair size, and scooped out their chokes, give them a dust of salt and pepper, and put them on a clean dish ; prepare six dessert-spoonfuls of *D'Uxelles* (page 140), fill the hollows of the artichoke bottoms with it, smoothing it with a palette knife and put them in a shallow stewpan pouring a breakfast-cupful of good broth round them. Lay a sheet of buttered paper over them, cover, and put the stewpan into a moderate oven, and cook for twenty minutes, ascertain if tender, then remove the paper, dish up, and serve.

Fonds d'artichaut à la soubise :—Having six nice saucer like *fonds* ready cooked, fill the cavity of each with a spoonful of well reduced *soubise* sauce, let this get cold and firm, smooth the surfaces of the *fonds* with a palette knife

dipped in hot water, dredge over them a light coating of finely sifted *panure*, baste with a little melted butter, lay them in a buttered *légumière*, lightly brown in the oven, and serve.

Fonds d'artichaut à la Morny :—Follow the recipe for *à la soubise* substituting a well reduced sauce Milanaise for the *soubise ;* instead of *panure* dredge over with finely grated cheese, and finish in the same way.

Fonds d'artichaut à la Rossini :—In the hollow of each *fond* lay a disc of a large sized truffle cut neatly to fit it, mask over with jellied *chaud-froid* sauce page 121, set the *fonds* in the ice box and serve very cold.

Fonds d'artichaut à la Castelane :—Fill the hollows with a mixture of cold asparagus points, dice of truffles, and celery, mask over with gelatinated *mayonnaise* sauce (*see* page 99), set in the ice box, and serve very cold.

Fonds d'artichaut à la fermière ;—Prepare six dessertspoonfuls of cooked mushrooms which have been cut into dice, make half a pint of good *Espagnole* sauce, and give it a dessertspoonful of marsala. Heat the artichoke bottoms in a buttered *sauté*-pan, filling their hollows with

dice of mushroom, mask over with very hot sauce, dress in a *légumière*, and serve.

Coquilles d'artichauts :—Put six *fonds* already cooked into six buttered scallop shells, fill the hollows with *D'Uxelles farce* (page 143,) heat up gently in the oven till set and just before you serve, mask the surface of each with a little hot *Hollandaise* or *Béarnaise* sauce.

NOTE.—If you have no *coquilles*, pastry cases answer very well: make them in round patty pans (*Croustades d'artichauts*), page 111.

Artichauts au gratin :—Cold boiled artichoke bottoms can be mashed up with sauce blanche or poulette, seasoned with pepper and salt, top-dressed with crumbs, or grated cheese, and baked in a *légumière*, or in silver *coquilles*.

Or, the mixture can be placed inside little pastry patties like oyster patties and served on a napkin (*bouchées d'artichauts*).

TURNIPS (*navets*) :—The proper method of cooking turnips for the table is to peel and trim them neatly in halves or quarters. Then, after blanching them in boiling salted water for five minutes, to steam, or gently simmer them in

boiled milk and water or weak broth till tender. The *cuisson* should be turned to a sauce which should be passed through a hair sieve, the yolk of an egg added, and a few drops of lemon juice. Arranged neatly in a *légumière* the vegetable should then be masked with the sauce, and served.

When young, turnips deserve attention especially as garnishes for *entrées*, stews, etc. After peeling, shape the roots into little cones or ovals, of an equal size for this purpose.

Trimmed and cooked in the same way, young turnips can be served with the sauces mentioned for *quartiers d'artichaut.*

But perhaps the nicest way is to lay the pieces of almost cooked turnip in a *sauté*-pan, and turn them about in butter till quite hot, to sprinkle with salt and chopped parsley, and serve in a very hot dish. This can be done with *maître d'hôtel* butter, *ravigote* butter, etc.

Navets glacés:—Trim the turnips in pear shapes or cones, blanch, and boil them till nearly done in salt and water; drain them, and put them into a *sauté*-pan with half-an ounce of butter, and sprinkle them slightly with powdered sugar, stir well over a rather quick fire until they

begin to brown, and then add a spoonful or two of clear stock: pepper and salt should now be given, stir them gently about basting them with the broth, and as this becomes exhausted add a little more. By this process the turnips will become glazed, in which form they are used for garnishing purposes as well as for ordinary service.

Carrots, parsnips, knolkhol, and small round onions, (of the size usually pickled) can be glazed in the same manner.

Navets à la Napolitaine:—For this turn to potatoes *à la Maréchale* and prepare the dish of turnips exactly in the same way seasoning each layer with spiced pepper.

Purée de navets:—After blanching two pounds of turnips for five minutes in boiling salted water, chop them up small, and put them into a stewpan with six ounces of minced onions and four ounces of butter. Fry until the vegetables begin to turn a golden colour, then moisten with just sufficient hot milk and water, or broth and milk in half proportions, to float them. Bring to the boil and then simmer them in this until they are soft, pass *all* through the hair sieve into a bowl, rinse out the stewpan, put half an

ounce of butter into it, melt over a low fire, put in the *purée* and stir with a wooden spoon, slightly increasing the heat to exhaust the moisture; a gill of cream to finish with is a great improvement.

KHOL-RABI, KNOL-KHOL, or turnip rooted cabbage (*chou-rave*):—when cut young is more delicately flavoured than the turnip. The roots are susceptible of similar treatment and are equally valuable in the stockpot. Shaped the size of a bantam's egg they may be partly boiled and then lightly finished in butter in the *sauté*-pan. Served straight from the fire with the butter poured over them, and a dredging of salt and pepper (seasoning (c)), this form of serving turnip is decidedly nice.

CARROTS (*carottes*) and PARSNIPS (*panais*):—should be scraped, trimmed a uniform size, blanched in boiling salted water, then simmered as described for turnips, and finally tossed in butter, in a *sauté*-pan, with pepper, salt, and some finely-minced parsley or chervil. Or, by altering the herbs, etc., they may be served *à la Lyonnaise, à la ravigote, à la maître d'hôtel, aux fines herbes, etc.*

Young carrots cut into olive shapes or round balls, blanched, gently simmered till tender in broth, and then drained and masked with *sauce blonde, soubise, poulette, or Hollandaise*, make a good central garnish for a dish of cutlets. If they are glazed as explained for turnips, the *entrée* should be called "*à la Nivernaise.*"

Carottes a la Flamande,—Choose a pound and a half of tender carrots, blanch them in scalding water, scrape off their tough skin, and trim them lengthways in slices the eighth of an inch thick. Put the pieces into a stew-pan with three ounces of butter, and four ounces of minced onions. Fry until the vegetables begin to turn a golden colour, then season with a pinch of salt and one of sugar, and moisten with enough hot stock or water to cover them. Let this come to the boil, then cover the pan, and simmer for twenty minutes over a low fire, shaking the pan occasionally to ensure even cooking. When done, remove the pan, let its contents cool a little, and then strain off the liquid from the pieces of carrot into another stewpan. Carefully separate two yolks of eggs from the whites, and beat them well with a little of the cooled liquid ; stir this into the

rest of it in the pan *en bain-marie*, thickening as in custard making, add an ounce of butter, and a tablespoonful of chopped parsley. Dish the carrots, pour the sauce over them and serve.

THE ONION (*oignon*) is much used for garnishing in French cookery. For this it is prepared in three different ways :—glazed, white, and brown.

Glazed Onions :—For these which are used to garnish brown stews, follow the directions given for glazed turnips.

White onion garnish, (for *fricassées, etc.*):—Select twenty button onions about an inch in diameter ; with a sharp knife cut a thin slice off both top and bottom of each of them, plunge into boiling salted water for ten minutes, drain, cool, peel off the outside coarse skins, and put them into a stew-pan with a pint and a half of water, a salt spoonful of sugar, and a teaspoonful of salt. Cover the pan, and simmer gently until tender, trying them with a trussing needle, then drain and use.

Brown onion garnish, (for *ragoûts, etc.*).—After blanching and peeling as in the foregoing case, lay the onions out in a buttered *sauté*-pan, sprinkle them with sugar, and turn them about over a

moderate fire till browned ; put them into the stew with which they are to be served, and let them finish cooking in it.

For the plain cooking of onions for service as a vegetable alone follow the principles that have just been given :—Blanch, cool, and peel off the outer skins, put them into hot milk and water or broth, bring to the boil, draw back, and then simmer gently until they are done. For stewing, substitute broth for water in the simmering stage. The *cuisson* in either case should of course be used for the sauce which is to mask them. It should be thickened, passed through a hair sieve, and finished with a pat of butter, or the yolk of an egg —white in the first, and brown in the second case.

Oignons gratinés :—After having been cooked as for white garnish lay the onions in a buttered *légumière*, baste them with butter, dredge finely grated cheese over them, and set the dish in the oven for a few minutes to heat thoroughly and colour slightly.

Oignons au gratin :—Blanch them in boiling salted water for ten minutes, then drain, cut them up, put them into a stewpan, and moisten with just enough milk to float them ; now simmer over

a low fire till tender, and then drain them upon a sieve pressing all moisture from them. With half an ounce of butter and half an ounce of flour, turn the *cuisson* to a sauce, finishing with a tablespoonful of cream, or of milk enriched with the yolk of an egg, pepper, and salt. Put the onions into a hot buttered fire proof baking dish, moisten with the sauce, strew a layer of grated cheese over the surface, sprinkle a little melted butter over the cheese, and bake for a few minutes till the top takes colour.

Oignons farcis :—Onions of a fair size, say, two and a half inches in diameter, can be served as an *entremets* in this manner :—boil them until soft enough to allow the scooping out of the inside thus forming a case ; then fill the cavity with any nice mixture as explained for tomatoes. Having been dredged over with grated cheese or panure the stuffed onions should be finished as described for *gratinés*.

NOTE :—The scooped out part of the onion finely minced should be blended with the farce.

LEEKS (*poireaux*).—Should be trimmed with about a couple of inches of the green stem left,

and the outer skin and rootlets removed; tied then in bundles like asparagus they should be similarly cooked. When done, release the leeks, drain them (if very thick, half them lengthways), lay them in a hot *légumière*, thicken their *cuisson* add the yolk of an egg and a pat of butter, and, mask the leeks with it.

A well reduced leek *purée* blended with grated cheese in the style of *Milanaise* sauce (page 80) is nice with a dish of plain cutlets, croquettes, etc.

An excellent garnish for cutlets is made with leeks in this way: when done, drain them, gently press out all moisture, lay them on a board, and chop them up like spinach, finishing them in exactly in the same way. A sauce made from their *cuisson* reduced till it coats the spoon should be blended with the *purée* (*see* Spinach).

VEGETABLE-MARROWS (*courges à la moëlle*).—The best way of cooking this vegetable is to steam, or bake it till it is all but done, then to lift, drain, cut it in halves, removing the seeds and shaping it into fillets, etc., as desired. Lay these in a buttered *sauté*-pan and move them

about over a low fire to exhaust their moisture. You can then sprinkle with salt and minced parsley and serve; or dish and mask with white or brown sauce, according to circumstances. Suitable both for garnish or as a vegetable in the ordinary way. The sauces may be those given for *quartiers d'artichaut.* Marrows, if old, should, of course, be peeled before cooking.

Courges à la moëlle au gratin:—Set in a *légumière* in layers of fillets, moistened with sauce *Milanaise,* dusted over with grated cheese and baked.

Beignets de courges:—partly cooked, and cut into convenient pieces, which should be dried, dipped in batter, and fried a golden brown in hot oil (*see* Fritters).

Mock whitebait:—Par-boil the marrow, and cut it up into a number of pieces, about the size of whitebait, roll them on a floured cloth, let them dry thoroughly, and fry them in a bath of very hot oil; lift them out when they turn a golden yellow and drain them, pile them on a napkin, dust over with salt and serve. Lemons cut in quarters, and brown bread and butter should be handed round with them.

But this vegetable is at its best when gathered very young, (*courgettes*)—about the size of a goose's egg,—and served whole: the seeds being then scarcely formed, need not be cut out. It can thus be served with butter and chopped parsley, *à la maître d'hôtel*, with *Hollandaise* sauce, etc. Cold, with oil and vinegar dressing, it is excellent.

CUCUMBERS (*concombres*) may be cooked exactly as laid down for vegetable-marrows. They form a delicate garnish for various dishes of eggs, and *entrées* when dressed as follows :—

Take a good-sized cucumber, or two small ones ; cut them into one and a half inch lengths, peel these, and cross-cut each of them into four equal pieces lengthways, pare off the seeds along their inner sides, and put them into a stewpan with enough boiling water to cover them well, half an ounce of butter, and a teaspoonful of salt. Simmer them until they are done ; then drain, turn the pieces out upon a buttered *sauté*-pan, and move them about gently over a moderately fast fire to expel their moisture, sprinkle with finely minced parsley or chervil and use. Or when

thus dried, dish and mask over with a nicely made *sauce piquante*, *verte aux herbes*, or *Hollandaise*, using the *cuisson* for moistening.

For *Concombres farcis* and garnish, *see* pages 125, 126.

PUMPKINS (*potirons*) may be treated when young and tender much in the same manner as marrows and cucumber.

BEETROOT (*betterave*).—This root, chiefly used cold as a salad by itself, or mixed with other vegetables in a salad, is by no means to be despised when served hot with a good sharp sauce such as *Hollandaise*, *Valois*, or *maître d'hôtel*. Beetroot is far better baked than boiled. After having thus cooked it, peel off the coarse skin, cut it into discs, season them with pepper, salt, and give them a turn or two in a *sauté*-pan with a pat of butter and a few drops of vinegar. Dish up and pour the butter over them. If allowed to get cold the slices may be served with *mayonnaise* or any of the sharp cold sauces.

Beetroot leaves can be turned to account either dressed as spinach, for which the inside tender

ones should be chosen, or as cardoons, in which case the mid-rib of the larger leaves of white beet should be cut out, divided into lengths, and gently stewed in *blanc*. They should be dished in a *légumière*, and masked with one of the sauces just mentioned. A garnish of cheese biscuits, page 113, is always appreciated.

TOMATOES (*tomates*).—The simplest method of cooking this vegetable is exactly as described for *oignons gratinés* done whole, simply picked, washed, and dried.

Tomates gratinées :—Arrange the tomatoes in a buttered baking dish, baste with butter, and cook in a moderate oven; then dust over with salt and finely grated cheese, and, lifting them with a slice, set them in a *légumière*, and serve. Or omit the cheese, and sprinkle with parsley.

Another way: Cut the tomatoes in halves horizontally, pick out the seeds, put them in a buttered *sauté*-pan and move them about over a moderate fire to exhaust their excessive moisture, Next lift them with a slice and arrange them in a *légumière* or fire proof dish, season with salt,

and pepper, sprinkle finely minced parsley and chervil over them with a light coating of sifted panure, pour a little melted butter over them, and push the dish into the oven for ten minutes. Serve immediately.

Tomates au fromage :—Put an ounce of butter into a small stewpan, throw into it a tablespoonful of finely minced sweet onion, put the pan on the fire and lightly fry the onion ; before the pieces take colour, put into the vessel one pound and a half of tomatoes, cut up into small pieces. Stir well over the fire until the tomatoes are reduced to a pulp. Now empty the vessel upon a hair sieve, pass the tomato *purée* through it, season with pepper and salt, put it into a buttered *légumière*, dust over the surface a layer of Parmesan, Gruyère, or other mild cheese, and bake for eight or ten minutes : serve hot.

Coquilles de tomates :—Put the *purée* as above into buttered silver or china scallop shells, smooth over their surfaces, dredge grated cheese over them, sprinkle with melted butter and heat up in a moderate oven. Let the surface colour slightly, and then serve.

Tomates farcies :—Choose six not over-ripe

tomatoes of a medium size, say two inches in diameter; cut off their stalk ends with a sharp knife as you take the top off an egg; then very carefully scoop out the pulp and seeds with a small silver spoon, and place the cases thus obtained on a dish aside, saving the pulp. Pass this through a hair sieve into a bowl to get rid of the seeds. Allow a dessertspoonful of sifted bread or biscuit crumbs for each case, and mix this with the pulp, season with spiced pepper, and salt, add a dessertspoonful for each case of minced hard boiled egg and butter in equal proportion, mix with the whole two beaten eggs. If not as firm as light dough add a few crumbs. With this fill the cases, pressing the mixture home gently with the spoon, smooth the tops, dredge grated cheese over them, and sprinkle with melted butter. Now lubricate a baking sheet well with melted butter, spread an oiled paper over its surface, put the stuffed tomatoes upon this, and place the sheet in a moderate oven; sprinkle a little melted butter over them, and serve when nicely done (twelve minutes or so enough) in the manner described for *tomates gratinées.*

NOTE.—Using the bread crumb soaked in the tomato pulp and the butter as a foundation, farces can be much diversified according to discretion, allowing for each tomato for example :—

(*a*): a dessertspoonful of D'Uxelles farce, page 143.

(*b*): a dessertspoonful of mushroom farce, page 143.

(*c*): a dessertspoonful of cooked spaghetti or vermicelli finely minced, with a good dessertspoonful of grated cheese.

(*d*): a teaspoonful and a half of olives, one of capers, and one of hard boiled egg, finely chopped.

(*e*): a dessertspoonful of truffled farce or pine kernel farce, page 144.

(*f*): a dessertspoonful of good curry farce, page 147.

N.B.—The *skin* of the tomato affects some people seriously, it is therefore advisable to remove it before cooking in case it might be accidentally eaten. This is done, of course, when the vegetable is passed through a sieve, but in cases where the sieve is not used the skin can be removed by plunging the tomato for a minute into boiling water, and cooling it immediately afterwards in cold water. The skin

can then be peeled off without injuring the tomato.

CELERY (*céleri*) can be served in various ways either as a vegetable with various dishes, or as an *entremets*. In either case the heads should be very carefully washed, neatly trimmed and cut short, say five or six inches in length. They can then be split lengthwise in two or four pieces according to the thickness of the head. Thus prepared the pieces tied together should be plunged into fast boiling water, and blanched for fifteen minutes. Then taken out, drained and wiped, and put to stew very gently for about two hours. As soon as tender, they must be lifted with a slice, drained, arranged upon a hot silver dish, and served. The stewing should be carried out in milk and water, weak stock, or *blanc*, which I have already mentioned with reference to vegetable cookery. This is a kind of stock made as follows :—

Blanc :—Mix a tablespoonful of flour with three pints of cold water, add a dessertspoonful of salt, four ounces of butter six ounces of minced unions, and a bunch of parsley and

chervil, or a muslin bag containing a tablespoonful of dried herbs; boil up, simmer for one hour, strain, and use it hot to moisten the vegetables for stewing, leaving the butter unskimmed. The object of this, as its name implies, is to keep the vegetable white, and improve its flavour.

Whether stewed in *blanc*, broth, or milk and water, there should be enough moistening to cover the celery, a piece of buttered paper should be spread over the surface, and the stewpan, closed, should be set over a low fire so that the process may be carried out very slowly.

The sauce for celery should always be made with its *cuisson*. When this is required brown, broth should be used for the stewing, the colour of the sauce being improved with *caramel* (Parisian essence).

After cooking and draining the celery may be dished in a *légumière* and served with butter, *maître d'hôtel* butter, or *ravigote* butter melted over it, with some of the butter in a boat also. Or the sauces already mentioned for vegetables:—*Hollandaise*, *Milanaise*, *velouté*, *Béarnaise*, *verte aux herbes*, *etc.*—the *entremets* being

indicated in the *menu* in the usual manner :— *Pieds de céleri au beurre, à la milanaise, etc.*

Purée de céleris made in the manner described for turnip *purée*, can be used in the same way.

For service brown the sauces given pages 85, 86, 87 can be used, and whether white or brown, cheese biscuits (*see* Chapter V. page 113), can be served round celery as a garnish.

For *pieds de céleri sauce Madère*, stew the celery in broth. The sauce made from the *cuisson* skimmed free from scum, and flavoured as described, page 87, should be reduced and tinted with *caramel*. Pile the celery in the centre of the dish, pour the sauce over it, and serve, with the biscuits in a circle round it, very hot.

Cold celery that has been cooked in *blanc* is very nice if served cold with cream, *sauce mousseline*, cold *Hollandaise*, or *mayonnaise*. First sprinkle with tarragon vinegar, and then mask with the sauce.

CELERIAC (*Céleri rave*) is a root but little appreciated in the ordinary English household, notwithstanding its value in taking the place of celery in a form in which the latter cannot well

be presented. It is very nice cold in cooked salads, makes a good garnish or vegetable to accompany most savoury dishes, and goes with dressed eggs.

Peel the heads, and with a root-scoop, cut out of them a number of round balls, ovals, or other patterns. Plunge these into boiling salted water to blanch, drain them, put them into a well-buttered stew-pan, cover them with blanc, and simmer till they are tender. Thus cooked they can be served with a brown or white sauce, or be glazed for a garnish like button onions.

Celeriac makes a nice garnish also, in the form of *purée* for cutlets, croquettes, &c.

CARDOONS (*cardons*) are of course well known by those who have travelled abroad. The vegetable is not a common market commodity in England, though easily grown. Specimens are occasionally exposed for sale in the late autumn months. A substitute has been mentioned in the notes on beetroot. There is another however to be found in the tender stalks of the globe artichoke plant (*pieds d'artichaut*); these should be scraped free from their fibrous skin

cut into four inch lengths, and stewed and served as described for celery. The same treatment should be applied to cardoons.

In order to blanch the artichoke stems, it is necessary, after the vegetable has been gathered, to bend the shoot down, and earth it up : the parts thus covered turn white after a few days, and in this way you obtain an excellent substitute for cardoons.

SALSIFY (*salsifis*) :—To cook ordinary salsify—say two pounds—put one quart of water into a stewpan with a teaspoonful of salt, a tablespoonful of vinegar, a dessertspoonful of flour, and two ounces of butter ; stir over the fire till boiling, then put in the salsify which should be washed, scraped, and cut into two-and-a-half-inch lengths. Slowly simmer for half-an-hour, the stewpan not quite closed, drain the salsify, and serve it in any of the methods recommended for celery.

Salsifis frits :—When cold, the pieces may be dried, floured, and either egged and rolled in finely sifted *panure*, or dipped in batter, and fried in boiling fat till they take colour and are

crisp. Seasoning (a) may then be dusted over them as soon as they have been drained dry.

Salsify can also be served with brown sauce, in fillets *gratinés* or as a *purée* in coquilles with cheese.

SCORSONERE :—Sometimes called "black salsify," has a very perceptible flavour of the oyster. It should be cooked as described for salsify, and may be finished with butter or sauces in the same way. The roots peel easily when boiled, and when mashed the pulp is as white as snow. Simply mashed with cream, arranged in buttered *coquilles*, with a layer of bread-crumbs strewn over it, sprinkled with a little melted butter, then baked till brown, and served hot, a *purée*, of *scorsonère* is decidedly very like oysters scalloped.

The *purée* with cream can be served also wherever oyster sauce is recommended,—with a macaroni *timbale* (page 177) and to mask *boudins*, etc. It also makes a nice white soup.

NOTE.—Never peel, scrape or cut black salsify (*scorsonère*) before boiling, for, if cut when raw, its natural milky looking juice escapes, thus

depriving it of much of its flavour. Boil first, and peel afterwards. This advice, though contrary to that of most writers on cookery, is the result of personal experience.

ASPARAGUS (*asperge*):—should be picked carefully, washed, and tied up with tape in little bundles with all the heads level: then, with a very sharp knife, the stalks should also be cut level. Put the trimmed bundles into fast boiling water with a good allowance of salt and a little sugar. The bundles should then be carefully drained, and the tape severed, the vegetable being served *au naturel*, with *buerre fondu*, *sauce Hollandaise* or a plain dressing of oil, vinegar, pepper and salt.

The following valuable wrinkle is given by the author of *Food and Feeding*:—

"Asparagus of the stouter sort, always when of the giant variety, should be cut of exactly equal lengths, and boiled *standing ends* (the green tips) *upwards*, in a deep saucepan. Nearly two inches of the heads should be out of the water—the steam sufficing to cook them, as they form the tenderest part of the plant; while the

hard stalky part is rendered soft and succulent by the longer boiling which this plan permits. A period of thirty or forty minutes on the plan recommended will render fully a third more of the stalk delicious, while the head will be properly cooked in the steam alone."

There is a custom followed by some cooks, of placing a slice of *toasted bread* in the dish chosen to receive a bundle of asparagus, vegetable marrow, etc., over which they finally pour a plentiful bath of tasteless cornflour and water which they call "white sauce." The *toast* is utterly unnecessary, and the sauce—butter plainly melted—ought invariably to be handed round, in a boat. A few drops of tarragon vinegar may be stirred into this plain "Dutch sauce" (page 75), and the vegetable, having been carefully drained, should be laid in a hot *légumière* with a pat of fresh butter or *maître d'hôtel* butter placed on the top of it to melt over all.

The well known excellent plan of serving asparagus cold need scarcely be enlarged upon. Arrange it in a *légumière*, and set it in the ice-box. Just before serving sprinkle it with Orleans vinegar, and let very cold cream accompany it.

Instead of cream, asparagus sauce (page 106), the fashionable *sauce mousseline*, cold *Hollandaise*, *Béarnaise*, or *sauce d'Argenteuil* may be given.

Sauce d'Argenteuil:—Pound three hard-boiled yolks of egg to a paste with a dessertspoonful of oil, put it it into a bowl and work into it drop by drop a sherry glassful of salad oil, a teaspoonful of made mustard, a saltspoonful of white pepper, and one of salt; mix thoroughly, and whisk into it four tablespoonfuls of cold *Hollandaise* finishing with a teaspoonful of tarragon vinegar and a dessertspoonful of very finely chopped parsley. Serve very cold.

The green ends of asparagus (*pointes d'asperges*) form an agreeable accompaniment to an *entrée*; they are excellent when added to a clear soup, and make a capital *purée*. Asparagus peas are made by chopping the green ends of the shoots into dice, and then treating them as peas. With these, effective garnishes are made for both hot and cold *entrées*.

SEAKALE (*chou-marin, ou chou-de-mer*):—This vegetable should be cooked in the manner des-

cribed for salsify so that its whiteness may be preserved. After cooking it may be served like asparagus—especially nice cold with cream, or any of the sauces mentioned in the foregoing section.

JAPANESE ARTICHOKE (*stachys Japonais*):—A delicate little tuber introduced into this country by Sir Henry Thompson. It is crisp and nutty in flavour without any resemblance to the artichoke. It should be cooked like salsify for about fifteen minutes, and can be served with butter, *maître d'hôtel* butter, or any of the sauces which have been mentioned for celery. The Japanese artichoke is excellent cold with cream or with one of the cold sauces mentioned for asparagus. Parboiled for five minutes and allowed to get cold it makes a delicious salad.

The stachys can also be associated with grated Parmesan or Gruyère, and served *au gratin* in silver or china *coquilles*.

FOREIGN PRODUCE—IMPORTED.

INDIAN CORN (*maïs*):—This is now imported

in large quantity. It is usually boiled or roasted, and eaten with butter, salt and pepper.

Maïs à l'Américaine:—Stripped from the young cob, boiled like peas, and then drained, tossed in melted butter, peppered, salted, and served very hot, sprinkled with chopped parsley. Or the corn may be stripped off the cob after boiling, and similarly treated.

Maïs à l'Italienne:—Tossed as above, tomato *purée* stirred in with the butter, and finely grated cheese.

Maïs à la maître d'hôtel:—Tossed in *maître d'hôtel* butter.

Maïs à la Hollandaise:—Moistened with *Hollandaise* sauce.

Similarly with other sauces:—*Poulette*, *milanaise*, *soubise*, etc. As an *entremets* served in a *légumière* with cashu-nut sauce, and cheese biscuits; also in *coquilles* or *croustades*.

It is useless to attempt to cook Indian corn when it begins to turn yellow. The cobs when stripped should be fully developed but green or greenish white.

AUBERGINES:—Another importation. The ordinary method of preparing this vegetable

(*brinjal*) in India is as follows :—The pods are cut in halves lengthways, the fleshy part scooped out, put on a plate and mashed up with butter, seasoned with salt and pepper and minced hard boiled egg added ; the hollowed half pods are then filled with this mixture, laid out upon a baking sheet, brushed over with melted butter, and baked in a moderate oven with heat above and below them ; then lifted with a slice, laid in a *légumière* and served—the farce being altered at discretion, grated cheese used for the surface, etc.

Aubergines sautées :—For this little brinjals as used for curry, whole, are the best—gathered before the seeds have developed. Blanch for five minutes and then simmer gently in milk and water till tender ; lift, drain, lay them in a buttered *sautoir*, and turn them about over low fire like *haricots verts sautés* to expel moisture, set them in a hot *légumière*, sprinkle with parsley and melted butter, and serve. For this the butters may be varied—*maître d'hôtel*, *ravigote*, etc.

Aubergines gratinées :—The process explained for *tomates gratinées* may be followed for this dish.

Aubergines soubisées :—Laid hot in a *légumière* and masked with *soubise sauce.*

Aubergines à la Milanaise :—As above, masked with *Milanaise* sauce, and dusted over with grated cheese.

THE OKRA.—Will certainly come to us from America before long. Choose tender, young pods and cook them like cucumber fillets. Then turning about with butter in the *sautoir* to exhaust their moisture improves them. They may be served masked with any of the sauces mentioned for celery. They are particularly good cold with cream, *mayonnaise* sauce, cold *Hollandaise*, or one of the sauces mentioned for cold asparagus.

YAMS.—Are a possible substitute for potatoes no doubt, but a rather flavourless one. The object of the cook should therefore be to assist the vegetable by seasoning, grated cheese, etc., following the recipes I have given for potatoes which include these adjuncts. In a *purée*, moistened with broth in the French way, and a spoonful or two of *soubise* or *Milanaise* sauce, with butter, yams can be made fairly palatable.

SWEET POTATOES.—Are also sent to us now-a-days. For an occasional change they may be appreciated, but their sweetness requires careful counteraction to fit them for service as a savoury vegetable. A pamphlet has been issued in respect of their cooking by the Department of Agriculture for the West Indies which might have been useful had it been edited by a competent authority. It would seem however, a difficult thing to establish the use of this tuber in a country where true potatoes are so easily obtained and so generally used.

FUNGI.

THE MUSHROOM (*champignon*):—Is perhaps one of the most valuable esculents within the scope of vegetarian cookery. The following notes will be found useful in respect of its treatment in the kitchen:—

Avoid *washing* mushrooms if you possibly can: wipe them, peel of their skin, remove their stalks, and tap the top of each of them so that any grit concealed in the gills may be expelled. A fresh mushroom, properly gathered, is quite

clean after the process I have indicated; stale and bruised ones may require a bath, but these should not be used. Chop up all the trimmings of skin and stalk—say of half-a-pound of mushrooms—wash them and put them into a stewpan with an ounce of butter, a dessert spoonful of finely minced onion, and seasoning: fry over a moderate fire for five minutes, moisten with broth, simmer for fifteen minutes, and strain through fine muslin—for there may be grit in these pieces. This fresh *fumet* or essence is most useful for stews and sauces, for moistening mushrooms *au gratin*, or any sauce in which the fungi from which it was extracted appear.

For independent service, mushrooms can be stewed (brown or white), broiled, or baked. They make a capital *purée*, in which form they can be presented as a sauce or garnish, or be introduced in an *omelette*. Their flavour is so good that I think it a mistake to blend any other distinctly tasty thing with them. The simpler their treatment the better. For this reason a true connoisseur, as a rule, would sooner have a plainly broiled mushroom with his cutlet than one stuffed with chopped truffles; or a dish of them *gratinés* with plain

pepper, salt, and butter, than one moistened with creamy *béchamel.*

Champignons étuvés :—Lay the mushrooms in a shallow stewpan well lubricated with butter, over a moderate fire, and proceed to fry them (*faire revenir*) for three minutes, then moisten with hot bouillon in just sufficient quantity to float them, and stew gently for a quarter of an hour, add a liaison of beurre manié, page 63, and serve as a ragoût within a border of mashed potato, or in a *légumière* garnished all round with crisply fried *croûtes.*

Champignons sautés :—Having prepared them in the manner just described, lay the mushrooms out upon a well-buttered sauté-pan, season with seasoning (c), and stir and toss them over a fairly quick fire for about a quarter of an hour. Lay them in a *légumière* upon crisply fried *croûtes*, and pour the butter left in the pan over them.

Champignons gratinés :—Put the mushrooms hollow side uppermost on a buttered baking sheet, fill the cavities with butter and set in a moderately hot oven. In about twelve minutes the mushrooms will be ready ; serve in the same way as *champignons sautés.*

Champignons grillés :—Dip the prepared mushrooms (large ones should be chosen for this process) in melted butter, and lay them cavities upwards containing butter on a buttered gridiron over a rather low but clear fire. Grill on both sides and serve as explained for *sautés* : time, five to eight minutes according to size.

Purée de champignons :—Clean, peel, trim, and chop up eight or ten ounces of fresh mushrooms ; fry in the manner just described, moisten with the ketchup made from the trimmings carefully strained, a coffee-cupful of broth, a pinch of salt and one of pepper ; bring to the boil ; then simmer till quite soft, and empty the contents of the pan upon a hair sieve : first drain off the *cuisson* which set aside, then pass the mushrooms through the sieve. Put half a pint of Espagnole sauce in a stewpan over a low fire, stir in the *cuisson* and *purée* by degrees ; when mixed, increase the heat, and stir without ceasing until the *purée* is properly reduced and thick.

Mushrooms for garnishing purposes should be of the button size, though if not procurable larger ones cut into convenient pieces may be used instead.

In order to keep them white it is the practice

of French cooks to saturate them with lemon juice, and thus for the sake of appearance the flavour of the fungus is improved away. If neatly peeled as I have described, their stalks trimmed close, and then cooked in *blanc* or milk, button mushrooms can be kept quite light coloured enough for *entrées*, and their better flavour quite makes up for their slight dulness.

The process of blanching them for garnishes in the French manner may be thus described :— As each mushroom is prepared cast it into a basin of cold water well sharpened with lemon juice. When all are ready, having been thus marinaded, drain and fry them for seven or eight minutes in butter in a stewpan with pepper, salt, and the juice of a lemon, tossing them occasionally; then empty them into a bowl, and cover them with paper till wanted.

TRUFFLES (*truffes*) :—When procurable fresh, these must be very carefully cleaned, a tough-bristled brush being used to get the earth out of the corrugated skin, chinks, and indentations ; when thoroughly cleaned, peel and put them into a small stewpan with equal portions of good broth

and Marsala in quantity enough to cover them, a tablespoonful of butter, one of finely minced onion, a faggot of herbs, and one uncut clove of garlic. Stew for fifteen minutes closely covered, and empty the contents of the pan into a bowl so that the truffles may cool in the liquid in which they were cooked. When cold they may be trimmed if necessary for garnishing purposes, the trimmings being carefully saved for use in sauces with the liquid, which should be freed from butter and strained. The parings of the rough outside skin are not to be used.

Fresh English truffles should be cooked in this way as soon as possible, for their flavour deteriorates by exposure to the atmosphere.

MOREL S (*morilles*) :—Are not often seen in the market, but they grow in England nevertheless, and are very useful in *ragoûts*, stews, &c. They have the character of being digestible, and are specially nice stewed when freshly gathered. Treat them as you would mushrooms in the cooking. This fungus can be recognised easily owing to the corrugated appearance of its outer surface which has been compared with honeycomb.

There are other fungi, edible and full of flavour, known to botanists:—*Agaricus albellus* and *agaricus tortilis* (*mousseron vrai* in French) also the *mousseron aromatique* with a light red skin; and the *cèpe* of which there are three varieties:—*Boletus areus*, *edulis*, and *aurantiacus*.

Preserved Vegetables.

It must be admitted that a prejudice exists in respect of the use of tinned vegetables, and no doubt cases of illness have often been attributed to this description of food. I venture to say nevertheless that many a time a mistake has occurred in arriving at this conclusion, and that the real cause has been the careless employment of insufficiently tinned utensils, and the leaving of vegetables in such vessels perhaps for a whole night. Also the using of vegetables that have been left in their tins after opening, even after a film of mildew has formed on the surface of them. Long experience warrants my stating positively that if tinned vegetables are procured from a reliable source, endorsed with the name of a manufacturer of established reputation, and

the rules I give are carried out carefully, no harm can arise from their consumption :—

Never keep fruit or vegetables in their tins after opening. If it be desired to save a portion of the contents of a tin, keep it in an earthenware bowl or jar in a cold larder, or in the refrigerator.

Never put tinned or bottled vegetables into water. Do not warm them in their tins or bottles. Open, drain, and put the vegetable at once into a clean stewpan with a pat of butter and seasoning, cover it closely, and plunge it into a bigger vessel containing boiling water, let the water in the outer vessel boil freely until the contents of the inner one are thoroughly hot. Do not throw away the liquid strained from the tin, or bottle: use it in the sauce accompanying the vegetable.

Tinned *French beans* (*haricots verts*).—These excellent vegetables may be warmed in the manner just described, or they may be drained, turned out upon a *sauté*-pan stirred with a two-pronged fork in butter over a low fire until hot, and served. After warming they may be finished in any of the methods already set forth for

cooked fresh *haricots verts.* They make excellent *purées*, and may be cut up, and warmed with other vegetables in a *macédoine de légumes.* I strongly recommend them to be served *à la maître d'hôtel*, *sautés*, *saubisés*, or cold with cream.

Flageolets should be carefully warmed as described and then served with *sauce à la poulette*, *soubisée*, *à la milanaise*, etc., or with butter plainly, *à la maître d'hôtel*, *etc.* They are very effective when associated with other vegetables in a *macédoine*, and especially nice if mixed with *haricots verts*, moistened with cream or fresh butter, and served as *haricots verts panachés.*

Fonds d'artichaut, if delicately treated may be dressed in any of the ways recommended for the cooked fresh artichoke.

Asperges entières.—It is a mistake to try and serve preserved asparagus *hot.* It is far better cold. Drain it, turn it gently into a *légumière*, set this in the ice-box, and serve as already described for cold fresh asparagus.

Pointes d'asperges are, as a rule, too soft to stand much manipulation. The safest plan is

turn them gently out of their tin and heat them *en bain-marie* in the manner just described, and then to turn them into the soup or sauce in which they are to be served. They make an excellent addition to a *chaud-froid* if set carefully in a border of aspic which should of course be iced.

Macédoine de légumes are very handy for use hot or cold as a central garnish for cutlets. The *macédoine* must be gently heated up in a really good *sauce veloutée, poulette,* or *Hollandaise,* and a spoonful of cream may be added if liked. For cold service, drain, sprinkle slightly with tarragon vinegar and finish with cream, mayonnaise, or any of the good cold sauces, pages 94-102.

Petits pois.—Of these there are three or four varieties—*fins, extra fins,* and *gros.* No treatment is better for them than that given for fresh "peas in the jar." The sugar, salt, butter, and mint leaves resuscitate them, and produce an effect not far removed from that of fresh peas. Drain and put them into the jar as soon as opened. The advice given in respect of the ways of serving fresh peas may to a great extent be followed with tinned peas. Remember that

they make, whether singly or blended, a very presentable *salade cuite*. For this they should be iced (*see* SALADS).

NOTE.—The liquid drained from all the vegetables that have been mentioned is a useful vegetable broth which should be used to assist their sauces.

English, Dutch, Colonial, and American preserved vegetables should be prepared for the table in the manner I have explained without contact with water. Dried vegetables, and those now manufactured in blocks in an apparently exhausted condition can be turned to very wholesome account by following the instructions which accompany them. As a rule, however, these notes go no further than the freshening process—the steps to be taken to make the vegetable eatable. After this, of course, the cook can intervene and improve matters by the introduction of butter, sauces, and some of the finishing methods that have been described.

I have already spoken of dried peas and beans. Here I would specially mention dried *julienne* (Prevet's late Chollet's): cooked as

described on the packet until quite soft, and passed through the sieve, an excellent *purée* is obtained which slightly thickened and improved with cream or butter can be used as a bed on which an omelette, or poached or buttered eggs can be arranged.

Garden Herbs.

The Herbs, useful in cookery may be as follows:—

Basil, (*basilic*) generally useful especially with tomatoes.

Bay-leaves, (*laurier*) generally useful in the stock pot, and sauce broths.

Burnet, (*pimprenelle*) used in salads and herb sauces.

Celery, (*céleri*) leaves only : ditto

Chervil, (*cerfeuil*) generally useful.

Chives, (*ciboulette* and *civette*) preferable to onion in salads, stuffing, omelettes, etc.

Cress, (Garden) (*cresson alénois*) useful in salads and for greening.

„ (Water) (*cresson*) useful in salads and for greening.

Fennel, (*fenouil*) used in sauce for special flavour.

Horseradish, (*raifort*) ditto, ditto.

Marjoram, (*marjolain*) very generally used in soups, sauces, stuffing, etc.

Mint, (*menthe*) used for a special sauce, with peas, and minced with new potatoes.

Parsley: (*persil*) most useful pot herb, and for garnishing.

Purslain, (*pourpier*) useful in broth, salads, etc.

Rosemary, (*romarin*) should be more generally used for flavouring.

Sage, (*sauge*) used for special flavouring in stuffing.

Summer-Savoury, (*sarriette*) particularly nice with broad beans.

Tarragon, (*estragon*) most valuable in salads, and herb sauces.

Thyme, (*thym*) useful in soups, sauces, stuffings, etc.

„ (wild) (*serpolet*) as above.

NOTE.—With reference to the above it is advisable to point out that mistakes are often made in respect of bay-leaves, the French term *laurier* being mistranslated "laurel," by which

the reader ordinarily understands the garden shrub. The *laurier* of cookery is the bay tree (*laurus nobilis*) a relation of the camphor, a useful and harmless plant with an aromatic perfume not unlike cinnamon. The garden laurel on the other hand (Cerasus Lauro Cerasus) is a cherry, poisonous as containing prussic acid, and not to be used in the kitchen for fear of accidents. The French word *pimprenelle* also must not be confounded with the English plant pimpernel which is distinctly poisonous, its proper translation is burnet.

Herbs are of special value in vegetarian cookery, for by a judicious use of them flavours can be diversified and monotonony avoided. Of late years unfortunately, the herb bed, even in the best of gardens, has not received the attention that was formerly devoted to it, the consequence is that burnet, purslain, rosemary and summer savoury are becoming uncommon.

CHAPTER IX.

SALADS.

A SALAD demands two things:—its vegetable foundation, and its dressing, both of which may be a good deal varied.

First, as regards the foundation of a salad. This may be composed of cooked, as well as of raw materials: the vegetables principally employed being, lettuces (cabbage, and coss), the endives, tomatoes, spring onions, cucumbers, parsley, young radishes, garden-cress, and water-cress, corn salad, *barbe de capucin*, &c., in the latter condition; and in the former, truffles, beet-root, French beans, *flageolets*, potatoes, artichokes, sprigs of cauliflower, *aubergines*, haricot beans, asparagus, celeriac, seakale, salsify, Japanese artichokes, vegetable marrow, and all root vegetables.

Touching salad-dressing a great deal might be written for three or four recipes are to be found in every cookery book. Two will be sufficient for us:—French dressing for plain salads made with oil and vinegar, and English dressing in

which eggs are used. In the preparation of plain salads there ought to be no difficulty whatever if a few simple rules are followed. Our cooks seem, however, to be fettered either by national ineptitude, or by fatally erroneous tradition, for as a rule they commit in respect of this dish every mistake that is possible. They begin by soaking the green stuff in cold water so that the leaves become sodden. These being imperfectly dried carry away a good deal of the water with them into the salad bowl. Already the salad is spoilt. Next, using a knife, they shred a lettuce as finely as possible and cast in with it, without consideration of proportion, garden-cress, green mustard, water-cress, etc. Recklessly brave in the use of common vinegar they are excessively afraid of oil. Following some queer old nostrum or other some will put sugar, bottled anchovy sauce, even Worcester sauce into their dressings.

All these mistakes should be avoided.

PLAIN SALAD DRESSING.

(*a*)—Do not remove the outer faded leaves of lettuces or endives until you are

going to prepare the salad, for they act as an envelope and assist in protecting the hearts of the vegetables, keeping them crisp and fresh.

(*b*)—Never wash green salading if you can possibly avoid it.

(*c*)—Put the salad bowl in front of you, and have a basin of cold water by your side.

(*d*)—Pull the leaves of the lettuce from the stalk with your hand, rejecting all that are bruised and discoloured.

(*e*)—Put those at all muddy into the basin, wash them well, and drain them thoroughly on a sieve, tossing them lightly in a cloth afterwards to get rid of every drop of water.

(*f*)—Leaves that are quite clean or can be wiped clean ought not to be wetted at all.

(*g*)—When dry, tear the leaves to pieces, put them into the bowl, do not cut them; turn them about with a wooden salad fork while, with the right hand,

you sprinkle them with the best salad oil.

(*h*)—As soon as every leaf is thoroughly anointed,—glittering with a coating of moisture as it were,—shake over them (still using the salad fork) some very finely chopped chives or mild spring onion, and dust the whole with salt, mixed with coarse, *freshly ground* black pepper.

(*i*)—Lastly, sprinkle the salad with a few drops of good vinegar stirring with the fork while doing so.

(*j*)—The thing to avoid is a *sediment* of dressing. The leaves lying at the bottom of the bowl must, in that case, become sodden, and so the crispness you desire to maintain will be marred. A thorough lubrication is all that is wanted.

(*k*)—Suppress the *vinegar* as much as possible. You do not want an acid dish at all. Vinegar is merely added to lend a peculiar flavour and to give

it a very slight pungency. The well-known advice :—

"Three times the spoon with oil of Lucca crown,
And once with vinegar procured from town."

cannot be taken seriously now-a-days. It is absolutely impossible to fix exact quantities of oil, etc., for the dressing of a salad of this description, for they must be regulated by the amount of green stuff that you have to deal with. The salad maker who carefully measures his oil and pepper in the bowl of a spoon, and doles out his vinegar, can only succeed in hitting off the real thing by accident. The eye tells you easily enough when the proper lubrication of the leaves has been effected, and the seasoning with salt and pepper requires no great exercise of skill, while the only point about the final modicum of vinegar to remember is that it must be a matter of drops, not of spoonfuls. When it is finished there should be no deposit of oily vinegar at the bottom of the bowl, no more moistening having been communicated to the salad than just enough to anoint the leaves. Do not forget that vinegar deadens crisp leaves and should consequently

be reserved for the very last act in the operation.

This is the correct dressing for an endive salad, for which it is customary that the bowl should be slightly rubbed with garlic, or a crust of bread (*un chapon*) similarly rubbed may be tossed about for a minute or two among the leaves, and removed before serving.

Of endives remember there are two varieties, *chicorée frisée* the curled, and *escarole* the Batavian. *Barbe de capuciu* is also of this family.

Plain salads are improved undoubtedly by scattering into them after the seasoning a small allowance of finely minced chives or green stem of small onions, chervil, tarragon, burnet, or any nice aromatic herb, changing the flavour from time to time according to taste. Granulated hard-boiled egg that has been passed through a wire sieve, is often added to finish one of these salads as a sort of top dressing.

The rules that have been given can be applied to tomato and cold cooked vegetable salads as well as to those composed of green materials. A little extra vinegar may be given if the tomatoes are ripe.

Oil.—Only the best oil procurable, such as is

imported by the principal Stores and well-known firms should be used for salads. I advise small consumers to procure it in small rather than large flasks, for the sooner it is used after opening the better. Keep it, of course, in as cool a place as possible.

Vinegars.—Though only used in comparatively small quantity in a salad, the quality and flavour of the vinegar are just as important as those of the oil. Common sharp pickling stuff is completely useless. French or Italian red and white wine vinegars are the best to use especially the former. Very excellent herb-flavoured vinegars can be obtained from the leading firms for whom such things are specially selected, the most generally well-known being Maille's or Bordin's *estragon*, *ravigote*, and *fines herbes*. Since only a few drops are required at a time a small sum is well laid out in securing the best vinegar for salads.

A nice mixture for sharpening is made with light claret and a little vinegar in the proportion of two tablespoonfuls of the former to a teaspoonful of the latter. Use Orleans vinegar for this.

Special salad vinegars (1):—Into a pint of French red or white wine vinegar put a tablespoonful each of minced garden-cress, chervil, and rosemary, an uncut clove of garlic, and one minced shallot.

(2):—For the same quantity of vinegar allow four tablespoonfuls of shredded cucumber with skin, one shallot cut into rings, and a saltspoonful of salt.

(3):—The bruised *seed* of garden-cress, celery, and parsley, in equal portions—say a dessertspoonful of each, with a shredded shallot, added to a pint of red wine vinegar.

NOTE.—Vinegars can be flavoured very well with dried herbs. Tarragon, rosemary and basil can be got at the herbalists Covent Garden as well as the other varieties. To freshen them put a tablespoonful of the dried leaves in a perforated strainer, dip this into boiling water for half a minute, then lift it out, drain, and use the leaves. When the mixture is finished cork the bottle down tightly, seal it with wax, and set it in a bright light In a fortnight you may strain the liquid, and take it into use.

English salad-dressing.—The English form of salad-dressing is closely connected with *mayonnaise* sauce. For the recipe, *see* page 105. Unfortunately the mixture is too often spoilt by being overdosed with vinegar—common, acid stuff without any flavouring—and sweetened.

In nearly every English domestic cookery book the reader is told to mix oil and vinegar in *equal parts!* and, as I have said, even sugar is recommended. The proportion of vinegar to oil has been fixed by Gouffé at one eighth; sugar is not an ingredient required for any sort of salad.

The salad, arranged in its bowl, and the ice-cold sauce in its boat, should be preserved separately, and the two handed round together. If you mix a salad of this kind beforehand, and let it soak, it deteriorates considerably before the time comes for its service. Cover up your nicely selected, well-dried lettuce leaves, etc., and they will be crisp, if handed round with their sauce following them at the time required. This advice holds good with *mayonnaise.* The materials of which the dish may be composed become sodden and dead, and the green accompaniments fall off in crispness if bathed for

any length of time in dressing. Besides, after the meal, a *mixed mayonnaise* or salad is wasted, whereas the remains of one with which the sauce was separately served may be turned to account.

Tomato salad:—Choose ripe tomatoes, plunge them into boiling water for one minute, take them out, and cool them in cold water; after this the skin which many people find indigestible can be peeled off. Now slice the tomatoes horizontally, retaining the seeds and juice and sprinkling them with minced chives or the stems of spring onions. The dressing given should be like that recommended for lettuce:—A liberal sprinkling of oil with freshly ground black pepper and salt seasoning, but as tomatoes are somewhat sweet, there may be a rather larger allowance of vinegar. As in all salads, tarragon, or any aromatic vinegar, may be employed advantageously in this, and minced basil may be sprinkled over the whole. Strips of red or green capsicum go well with it. Slices of stale bread should be placed in the salad plates. These absorb the juicy dressing and add to the niceness of the salad.

Orange Salad:—Peel free from pithy skin,

and divide the oranges into the natural quarterings of the fruit; squeeze the pips gently out, assisted by a slit cut in the thin edge of each quartering with a sharp penknife. Put the pieces of orange thus prepared into the salad bowl, and dress them as described for plain salad, sprinkling the whole with finely minced chives or green stem of onion and a little minced tarragon or burnet. The method of division I advise will be found better than slicing the oranges. This must not be mistaken for the sweet *salade d'oranges*, which is, of course, a very different thing.

Melon Salad:—Slice the melon in the usual manner, remove the rind, and treat in other respects like orange salad.

Stuffed tomato salad (*Tomates farcies en salade*):—Scoop out the pulp and seeds of half a dozen medium-sized ripe but firm tomatoes, preserving the cases thus obtained as neatly as possible. Put these into the refrigerator. Prepare a mixture of fonds d'artichaut and French beans, cut into small dice, and an equal quantity of green peas. Set this in a bowl over ice in the manner just explained, blending with it the pulp

and juice of the tomatoes mixed with a couple of tablespoonfuls of diluted aspic jelly. With this, as soon as it begins to get firm, fill the tomato cases, dressing the salad in dome shape; mask with mayonnaise, sprinkle with chopped olives, garnish with greenery, serve very cold, and let mayonnaise sauce accompany, also very cold.

Cooked vegetable salads.—A salad of cold cooked vegetables (*salade cuite*, or *salade de légumes*) can be served either with plain French dressing of oil and vinegar, or with one made with eggs in the English style. A *macédoine* of neatly cut pieces of French beans, flageolets, peas, carrots, and turnips, makes an excellent salad of this description, whether with French or English dressing: artichokes, and asparagus points, are perhaps better with plain oil and vinegar.

It is of course clear that a judicious selection of two or three of the above would make a very nice salad, while some of them :—French beans, artichoke bottoms, or asparagus points, would be excellent alone. Finely shredded strips of celery, improve these salads and sprinklings of

minced tarragon, chives, chervil, etc., are as nice with them as with uncooked vegetables.

With plain cream dressing a *macédoine* salad is excellent. This can be applied to the vegetables just referred to either alone or in combination. Sprinkle them with vinegar very lightly, season with salt and pepper, and moisten with pure cream. Keep in the refrigerator till wanted.

French bean salad (*haricots verts en salade*):— Cook the beans in the manner explained, page 208. Drain, dry on a cloth, let them get quite cold, put them into the bowl, anoint them with salad oil, and dust them with newly ground black pepper and salt. Lastly, give them a few drops of red wine vinegar and a sprinkling of finely minced tarragon and chives, or green stem of spring onions.

Potato salad (*Pommes de terre en salade*):— Having *steamed* the potatoes carefully—they must not be too floury to yield nice slices—cut them in slices and dress as in the foregoing. With this thin strips of celery may be mixed, and some add a few pieces of beet-root, but I

think that this is a mistake, because the juice of the beet-root discolours the salad in an unsightly manner.

All cooked salads can be garnished with, or set in, aspic jelly when served with the thick dressing. Broken jelly always makes a very attractive adjunct. *Salades cuites must* be served *quite cold.*

Fancy salads.—These must be mentioned, if only as curiosities of salad-making, for expensive materials enter into their composition which place them rather beyond the limits of domestic cookery. Nevertheless, when special occasions arise, there is no reason why some of them might not be tried. They are all dressed finally with *mayonnaise* sauce, and are served as entremets.

Œufs de vanneau en salade.—Remove the shells of a dozen plovers' eggs, arrange them in a *légumière*, and surround with cooked asparagus points which have been sprinkled with tarragon vinegar and moistened with cream. Keep the dish in the refrigerator till the time of serving; let very cold mayonnaise sauce accompany.

Salade d'Estrée is composed of celery and truffles. The former should be cut into inch and a half pieces and these should be split but not severed; when thrown into cold water they curl round as if they had been crimped. The truffles are sliced When mixed the salad is completed with *mayonnaise* sauce.

Salade jockey-club is only a slight variation, *pointes d'asperges* being substituted for celeriac and the truffles cut in Julienne-like strips.

Salade à la ma tante requires *fonds d'artichaut*, *pointes d asperges*, and truffles, but the process is the same.

NOTE.—From what I have written it will be clear, I think, to all students of this branch of cookery that the opportunities of the salad maker are nearly inexhaustible. By putting together various assortments of salading, and adding things which go well with them there would be but little difficulty in composing a couple of hundred salads, but such work would be, after all, a mere *tour de force* and of little practical value to the domestic cook.

CHAPTER X

EGGS

1—The omelette

Among the elementary things with which the generality of English cooks are not as familiar as they might be the making of an omelette may certainly be reckoned. There are, no doubt, commendable exceptions, and here and there you may find a *cordon bleu* who, thanks to some happy accident, has become proficient.

There are several ways, of course, of cooking omelettes. Taking three of them, we have first of all the chef's method—the omelettes which we get at the best restaurants, often *fourrées* with truffles, mushrooms, *pointes d'asperges*, and so on; a very excellent dish, perfect in form, cunningly garnished, sometimes finished with glaze or a slight canopy of some appropriate sauce. Then there is the omelette of the *cuisinière*—the standard *plat* of French domestic cookery—

happily described by a learned friend as "an omelette by the first intention," never forgotten by those who have tasted it at its best at the Hôtel Poulard, on Mount St. Michel, where it is made with wonderful rapidity, and passed from the pan to the plate. Thirdly, the process by which a very porous and light dish is produced —not an *omelette soufflée*, as it is sometimes erroneously called, for that is cooked in the oven like a *soufflé*,—but possessing the same frothy consistence.

Of these, the second process, I think, is the one which will be found most popular for savoury, while the third seems specially well adapted for sweet omelettes. The first, besides being not quite the sort of thing for ordinary households, can scarcely be expected from an English woman of limited experience, and resources.

A proper equipment is obviously necessary. A ten-inch omelette pan of the correct French pattern with a shallow well-sloped rim. This may be of copper or steel, but I prefer a fireproof china pan of the largest size to be got at 119 New Bond Street. The vessel should be kept for its own work only; it should never be washed.

After each operation it should be wiped carefully while warm, any little bits of egg that may adhere to it or browned butter marks being removed by an application of salt and vinegar rubbed in with a clean cloth. A tinned iron or plated table spoon, and a pliant palette knife—the latter specially necessary for omelette number three—will be required.

The fire is an important matter, for, whether it is required for fast or for slow work, it must be constant. For this reason a gas burner is the handiest appliance that can be used, for you can regulate it at will, and such heat as you may require will be steady without fluctuation. The glowing smokeless charcoal fire used in France and in India is not within our reach, and the closed English kitchen range is hopeless for this particular task.

PROCESS NO 2.

Provided with a proper fire (which in this case must be brisk), break four eggs into a bowl. Mix thoroughly but do not beat them, season with a teaspoonful of salt and a little white pepper, add four little pieces of butter the size

of small nut, and if liked, a dessertspoonful of finely minced parsley and half one of minced chives or green stem of onion.

See that the silver dish is ready to receive the omelette; quite hot, with a pat of butter melting upon its surface, and over that a sprinkling of parsley. Let this be placed near the fire so that there may be no delay in the dishing.

Now set the pan upon the fire with an ounce and a half of butter in it, melt this, and, keeping the fire brisk, allow the moisture in the butter to escape in bubbles.

When the butter ceases to splutter and turns a brownish colour, stir up the mixture in the bowl, and pour it into the pan, directing it so that it may spread well over its surface.

Instantly lift up with the spoon the part of the omelette which sets at the moment of contact, allowing the unformed part of the mixture to run under it; repeat this quickly two or three times, keeping the left hand at work with a gentle see-saw motion to encourage the setting.

Now give the pan a shake, lift it and shake it again; then, before all the mixture has quite set, tilting the pan and using the spoon to guide it,

let the omelette roll over of its own accord into the silver dish.

This operation takes forty-five seconds. As it rolls over the omelette catches up and buries within it the slightly unformed juicy part of the mixture which remained on its surface in the pan, and, as it lies in the dish, takes an irregular oval form, golden in colour flecked with green, with a little of the juicy part escaping from the ends of its folds. The omelette does not present the appearance of a neat bolster with tapering ends, for on reaching the dish it spreads itself rather, not being stiff enough to retain a fixed form.

The following notes may be useful: For a ten inch pan never use more than six eggs at a time. Success is impossible if the pan be too full. It is better to make two omelettes of six than to attempt one of twelve. In using six eggs leave out the whites of two of them. Be sure that the pan is hot enough to seize the bottom of the mixture the moment it is poured in. Do not use milk. Some like cream, but I do not consider it necessary.

It may be said of this omelette that to be eaten in perfection it should, like the Poulard

chef d'œuvre, come from the pan to the plate. It can very easily be made in the dining-room over a methylated spirit stove set upon a little tile-topped table, and an amateur soon succeeds after a little practice in mastering it.

Cold cooked vegetables, cut up and tossed in a sauté-pan in melted butter separately, may be added to an omelette just before it is transferred to the dish for service. Take for instance, small sprigs of the flower of the cauliflower; artichoke bottoms, or celeriac cut into dice, Jerusalem artichokes, sliced and cut up; peas, asparagus points, flageolets, French beans, cut into small diamond shapes, Japanese artichokes, pine kernels, &c., &c. Chopped mushrooms or truffles (previously cooked, minced, and tossed in butter) are, of course, very delicious additions to an omelette for special occasions. In the case of an *omelette aux légumes*, a dust of grated cheese gives a pleasing finishing touch.

Omelette aux tomates:—Cut a pound of tomatoes into pieces. Mince two ounces of onions. Melt an ounce of butter in a small stewpan, cast into it the minced onions, let them cook gently to soften without browning; then add the pieces

of tomato, pepper and salt; stir well, and as the tomatoes dissolve dredge into them by degrees a dessertspoonful of flour, continue to stir carefully till the tomatoes are cooked which will be in about ten minutes and pass through the sieve. Keep the mixture hot, and pour it over the surface of an ordinary *omelette* just as you are on the point of turning it out of the *omelette* pan. The *omelette* will roll over of its own accord, enveloping the tomatoes within it as it passes into the dish.

Omelettes can be served upon a bed of tomato *purée*, and dusted over with grated cheese. They may also be laid upon a *purée* of green peas, beans, spinach, dried haricots blended with tomato *purée*, cooked mushrooms cut into dice, stewed lettuce, or celery.

The flavour of *omelettes* may be varied in many ways. For this purpose, parsley and shallot or green stem of onion, minced marjoram or thyme, garden-cress (the companion, I mean, of mustard) or celery leaves, are agreeable, and many are fond of a spoonful of finely chopped green chilli or capsicum, omitting the seeds of course,

PROCESS NO. 3.

A light and very eatable *omelette* can be produced by this process:—Break four eggs carefully, and separate the yolks from the whites using two bowls; have ready parsley, onion and seasoning as in the former recipe, a clean and roomy *omelette*-pan, and an ounce and a half of butter. Whisk the whites to a stiff froth; with a fork mix the yolks well, adding to them the herbs and seasoning. Now set the pan over a moderate fire, put the butter into it, melt, and see that it covers the pan without leaving any dry spaces. When the butter is hot, but not browning, blend the yolks with the stiff whites, and put the mixture into the pan, smoothing over its surface with the palette knife. Let the bottom of the *omelette* set without touching it keeping the fire moderate. In about two minutes examine the condition of things by detaching the edges, and note if the under part has set sufficiently to fold without breaking. As soon as this is observable, pass the palette knife completely under the *omelette*, double it over, and turn it into the hot dish ready close at hand. Dust it over with salt, and serve.

NOTE.—The upper or exposed part of this *omelette* not having been in contact with the pan is of course very lightly done and frothy. This, when the under part is doubled over it, becomes the centre of the *omelette* giving it the character of a *soufflé*. Yet it is not an *omelette soufflée* as it is sometimes called, for, as already explained, that is cooked in the oven.

For a sweet *omelette* by this process—the form to which it is specially well adapted—the only alterations necessary are :—To sweeten the yolks leave out the savoury seasoning and communicate the flavour chosen to them, vanilla, lemon, or whatever it may be; and when turned out into the dish, to smother the *omelette* with powdered sugar.

For *omelette au rhum or au kirsch* blend a dessertspoonful with the yolks, and when the omelette is dished pour round it a claret-glassful of the liqueur or spirit and ignite it as you do the brandy for a Christmas pudding. For *au confiture*, melt beforehand four tablespoonfuls of the jam chosen in a little saucepan, with a spoonful of liqueur; keep this hot, and just before doubling the omelette over, spread the

jam rapidly over its surface. If provided with a glazing-iron, the sugar which is dredged over the surface of the omelette may be turned to caramel by an application of the heated iron.

Omelette au Parmesan ou Gruyère (or any mild dry cheese).—This may be produced by either of the two processes I have given. In the one case, allow a tablespoonful of grated and finely sifted cheese to three ordinary eggs, a seasoning of salt and black pepper, and a dessertspoonful of rich cream, if possible. Incorporate the ingredients, and proceed as directed for process 2. Dish, just *before* all the juicy mixture on the surface quite sets, so that there may be an exudation of creamy moisture in the dish, and dredge grated cheese over the surface to finish with. By the other method, mix the cheese with the yolks before blending them with the whipped whites, serve as described for No 2.

Omelette au jus:—This is an *omelette* of either kind, round which a nice savoury gravy is poured at the moment of service. The bouillon given page 41, or the vegetable broth page 48 would do well for this.

PROCESS NO. 1.

When some special preparation is made, moistened with a little rich sauce, and arranged within an *omelette* just as it is ready to serve, you have what modern artists call an *omelette fourrée*. These are presented in the neatest shapes and often highly ornamented and garnished. In obtaining this finished result however the *omelette* itself is, I think, deprived of the lightness which characterises the less pretentious dish of French domestic cookery.

For an *omelette* of six eggs, two ounces of butter are required for the cooking, while one ounce cut into little pieces is mixed with the egg mixture. The eggs are mixed well but not beaten to a froth. When the butter has melted and is hot, yet not as hot as for the process given for No. 2 *omelette*, the egg mixture is stirred into it over a brisk fire and gently moved about with a fork to keep it from catching the pan ; when half set the stirring is stopped, the *omelette* pan is given a toss, to loosen the *omelette*, and then set on the fire again ; when the setting is slightly more complete, the specially prepared composition is arranged on the surface and the two sides of the

omelette brought together over it. The pan is now taken from the fire, a hot flat dish laid over it, and the pan and dish together reversed, thus bringing the bottom of the *omelette* upwards when the pan is lifted off it. The shape of the *omelette* is now improved by tucking the ends under it neatly, leaving no rough edges, and melted butter is brushed over its surface.

It will be easily understood that following this principle the minced cooked fonds d'artichaut, truffles, pointes d'asperges, mushrooms, or mixture of any of these things must be moistened with a little well reduced sauce of a suitable kind—brown or white as the case may be—just to add to its flavour, and bring it to a consistency which facilitates spreading over the *omelette* without sloppiness.

External garnishing, *i.e.*, round one of these *omelettes* and even along its surface, is often seen —*bouchées* or *croûtes creuses* containing an allowance each of the composition used for the packing for the former, and discs of truffles, mushrooms, and celeriac., overlapping each other for the latter.

PANCAKES.

The pancake is probably looked upon by most people as a very simple thing which can be ordered at short notice when nothing better can be expected, and the domestic cook is as a rule considered to be able to manage the cooking of one sufficiently well to meet the emergency. But it may be questioned whether many mistresses or cooks know what a pancake should be, or have ever seen a *crêpe* or a *pannequet* at its best as presented by a French *cuisinière*, for such things appertain to *bourgeois* cookery, and rarely meet with attention at the hands of a *Chef*. The French pancake is far lighter and crisper than the ordinary product of the English kitchen. The difference must be attributed mainly to the care bestowed upon the batter the leading feature of which is slight fermentation. English recipes miss this point entirely, and the consequence is that our pancakes are as a rule flabby, heavy, and indigestible.

The recipe for the composition and cooking of *Crêpes légères* (light pancakes) already given in respect of a vegetarian *cromesqui* (page 164) produces excellent pancakes. For sweet service

a tablespoonful and a half of sugar should be added to the batter, and when they are dished a canopy of finely powered sugar should be dredged over the pancakes, cut lemons accompanying. It should be noted that before reversing a pancake, butter should be brushed over its surface.

The other method of preparing a pancake,—*crêpe au four*,—is carried out in the oven. Prepare the batter in the same manner, and warm and lubricate the pan. Pour into it the batter which not thicker than a half-penny should spread evenly over its surface, push this into a fairly brisk oven, and when the pancake is coloured underneath, brush butter over the top and reverse it, to finish on the side which at first was uppermost; pass the pancake on to a very hot dish, dredge it over with finely powered sugar, and serve with cut lemons, one after another, as fast as possible.

NOTE:—The word "*pannequet*" is found in new French dictionaries with the English equivalent "pancake," and French writers in respect of cooking use both terms "*crêpe*" and "*pannequet*" for the same thing. Audot refers to the

latter as "une crêpe Anglaise," and it would seem clear that the word is simply a corruption of the word "pancake"—one of the oldest in the history of English cookery.

To the vegetarian the non-sweetened pancake is a very useful thing, not only as explained page 164, but also in connection with vegetable entremets as a garnish or accompaniment to be exemplified in the menus. The batter can be flavoured with minced herbs as recommended for omelettes.

EGGS.

Now although we know that there are numerous easy ways of serving eggs nicely it is a fact that very few English cooks attempt to go beyond the ordinary methods which have been familiar to everyone since the days of excellent Mrs. Glasse, *viz.*:—Boiling, of course, where we cannot well go wrong, poaching and frying, in neither of which we are very successful, and, as a rule, a most feeble production in the form of buttered eggs. But where we fail most conspicuously is in *varying* the serving of eggs, even supposing that we succeed in poaching

them nicely, or in turning out a well-made dish of buttered eggs. The cook falls back on toast (often badly done) and thus we eat our eggs, rarely if ever flavoured or garnished, with an adjunct of sodden sponge. Now the exercise of a little consideration would enable us to open out a wide field of opportunities, and this in the case of abstainers from meat becomes a necessity. The accessories which are more or less useful in egg cookery are:—Good butter, milk, cream for certain preparations, vegetable broth, all garden herbs, chives or green stems of onions as used for *omelette*-making, tomatoes, cold cooked vegetables, nuts, carefully sifted bread crumbs and raspings, and grated cheese, while with hard boiled and poached eggs nearly all the sauces I have given in Chapter IV. can be associated.

Mushrooms come in handily in connection with nearly every method in which eggs can be treated, vermicelli spaghetti, &c., can be used with them, and truffles come in of course for the more expensive dishes, take for instance *œufs brouillés à la Périgueux.*

The French white or brown fireproof china flat gratin and shallow baking-dishes in sizes,

coquilles (scallop-shells) and small cases will be found continually useful in this branch.

To enumerate the various ways of serving eggs we must adopt the classification of French cookery. Thus we have to consider separately :—

(*a*)—*Œufs sur le plat*,—eggs on a dish, set in butter.

(*b*)—*Œufs brouillés*,—buttered or scrambled.

(*c*)—*Œufs durs*,—hard-boiled.

(*d*)—*Œufs mollets*,—medium-boiled.

(*e*)—*Œufs pochés*,—poached.

(*f*)—*Œufs en caisses*,—in little cases.

(*g*)—*Œufs frits*,—fried.

Œufs sur le Plat.

Butter the surface of a shallow fireproof dish, dust over it a seasoning of pepper and salt, and slip the eggs into it, carefully avoiding breaking the yolks ; dust over again with pepper and salt, and put the dish in the oven. Let the eggs set in the butter, as a poached egg sets in water ; the moment they are sufficiently firm (about four minutes) serve in the dish in which they were cooked.

Œufs sur le plat au fromage:—For this the eggs should be broken gently over very finely grated cheese that has been sprinkled over a good layer of butter in a fireproof china dish, then seasoned, put into the oven, and allowed to set; they should be sprinkled with grated cheese before serving.

Œufs sur le plat au jus:—In this case the bottom of the dish is moistened with strong broth and the eggs are basted with broth until set. By using minced herbs of any kind sprinkled over the butter at the bottom of the dish, a plain dish of *œufs sur le plat* is improved and varied. For this you can use:—parsley and shallot, chervil and shallot, parsley and marjoram, chervil or parsley alone, chopped young centre leaf of celery, and, of course, D'Uxelles—chopped mushroom, parsley, and shallot (page 140).

Another form of this old dish is *œufs au miroir*. The process is virtually the same, except that the yolks of the eggs are glazed with a small quantity of boiling butter; the whites are sprinkled with salt to prevent their being *miroités*. The dish is then set in the oven in the same way as the foregoing till the yolks glisten as if they had been

clear varnished, a merely decorative effect ; the flavour of the eggs is not affected in any way. *Œufs au miroir* are not served in the dish in which they are cooked ; they are neatly trimmed round, superfluous white being removed, lifted carefully with a slice, and dished on a flat china or silver dish with an appropriate garnish.

Œufs à la Suisse :—Choose a fireproof dish, and butter it liberally. Pour over the bottom of the dish a layer of cream, a quarter of an inch deep, over that shake a coating of well-grated cheese, an eighth of an inch deep, set this to cook in oven for a few minutes ; when the cheese and cream have amalgamated, take out the dish, and, if wide enough to hold them without crowding, slip in four eggs, one by one, as carefully as you can—*to avoid breaking a single yolk*—give them a dust of white pepper, and salt, and gently pour a little more cream over the surface, coating it over again with grated cheese. Replace the dish and let it remain in the oven until the eggs have set without becoming hard.

The number of eggs obviously depends upon the size of the dish and the number of people who are to partake of them. As a rule, a *plat* of

four eggs will be found suitable for the little home dinner of two people.

The part-cooking of the under layer of cream and grated cheese *before* the insertion of the eggs is a special point, for it prevents the eggs being overcooked.

Buttered or Scrambled Eggs.

Now, although a well-known dish enough, it is by no means common to find a domestic cook who can turn out buttered or (if the French word "*brouillés*" is to be correctly translated) scrambled eggs really well. The fact is that the operation is far more delicate than many believe, necessitating great care and no little judgment. The quantity of butter should be accurately weighed, it should be of really good quality, and put in as directed. Then the dish must not be kept waiting; it should be served as quickly as a *soufflé*. If cooked over a fast fire it will be lumpy and stiff, coming to table like a badly cooked *omelette*, chopped up. The process must be conducted patiently if the true consistency ("*au point voulu, crémeux et délicats*," says Dubois) is to be arrived at.

Break four eggs into a bowl with a saltspoonful of salt and a dust of pepper : mix them well : weigh an ounce and a half of fresh butter : divide this into two equal portions, cut one of them up into small pieces, and put the other in a small stewpan over a low fire, melt it, pour in the mixture, whisk it lightly without stopping till signs of thickening show themselves, then take a wooden spoon, and stir it about unceasingly, adding the small pieces of butter, one by one, until it is lightly set. At this period a tablespoonful of *sauce blanche* or cream if liked, should be added, and then the stewpan should be taken off the fire, and the buttered eggs dished. The sauce can be omitted in a plain dish for breakfast.

For flavouring buttered eggs an ordinary *omelette* mixture of parsley and green stem of onion can be used or any minced herb. Minced cooked mushrooms, artichoke bottoms, and truffles, asparagus points, peas, etc., can be added and kept hot with a slight moistening with brown or white sauce, as the case may be. In all cases these additions should be made *after* the buttered eggs have been cooked, and at the last moment.

Note : A not uncommon mistake should be

mentioned here. I allude to the putting in of milk with the eggs when making this dish. The effect of this is to produce a watery whey-like fluid indicative of curdling, and to prevent that smooth creaminess which has been described as the true mark of excellence in *œufs brouillés.*

Œufs brouillés au fromage :—About an ounce of finely grated cheese should be added to the four egg mixture just given : it should be mixed in with the small pieces of butter, and the finishing spoonful of sauce or cream must not be forgotten.

Œufs brouillés soubisés :—A spoonful of good *sauce soubise* mingled with the eggs as a finishing touch instead of cream or white sauce.

Œufs brouillés tomatés :—A spoonful of tomato *purée* or sauce added in the same way.

Œufs brouillés aux pignons :—For this turn to page 88 and follow the directions there given for the preparations of the pine-kernels for a sauce. Taking half quantities this will provide what is necessary for the buttered eggs.

Œufs brouillés à l'Indienne :—A tablespoonful of good curry sauce (page 147) softened with a teaspoonful of cream stirred in to finish with.

NOTES :—This method of dressing eggs in its plainer form is of course better suited for service at breakfast than any other meal, while the more elaborate variations that have been suggested can be served at French breakfast or luncheon parties.

Remember that *œufs brouillés* are served in France in the same way as an *omelette*, *i.e.*, spread upon a hot silver *légumière* or china dish, garnished with neat *croûtons*, or *fleurons* of puff-pastry, or arranged over a *purée* of any nice vegetable. Many people think that the composition can only be used as a masking over *toast. Croûtes* of fried bread are not toast. Plain buttered eggs are very nice if served in a china *légumière*, dusted liberally with grated cheese, and garnished with cheese biscuits, p. 113.

HARD-BOILED EGGS.

With eggs in this condition a great number of nice dishes can be made, both hot and cold. It will be found, however, in modern French cookery that many of them are so largely assisted by adjuncts of various kinds that you feel inclined to ask, "but where are the eggs?"

The simplest perhaps are the *croquettes*, *coquilles*, *bouchées*, *rissoles*, *beignets*, which may be described as minced hard-boiled eggs blended with minced cooked mushroom, onions, chestnuts, olives, or other flavouring mince, moistened with a thick white sauce over the fire till quite hot, stiffened with raw eggs see page 161, and nicely seasoned, set to get cold, then divided into portions, and in the case of *croquettes*, rolled into nice shapes, egged, bread-crumbed, and fried in plenty of hot fat till properly coloured. For *coquilles* the mixture is set in china or silver shells well buttered, and cooked in the oven; for *bouchées* it is put into little pastry cases and similarly heated; for *rissoles* it is wrapped in puff-pastry in the usual way, page 162; for *beignets* dipped in light batter, and in each case fried like *croquettes*.

A teaspoonful of flavouring mince is a reliable allowance for each egg; it can be varied according to taste and discretion in many ways; in fact, this is another case in which a thrifty cook may often find opportunities for the disposal of little bits of mushroom or truffle trimmings, etc., advantageously.

Œufs durs gratinés :—Boil six eggs hard, put them into cold water, when cold remove the shells, cut them across in slices, arrange these upon a fireproof china dish well buttered, setting them in layers, and seasoning each layer with pepper and salt. Dust over each layer also a thin coating of grated Parmesan, and moisten the whole well with nicely made Milanaise sauce. Shake a canopy of grated cheese over the surface, moistening it with melted butter, and set the dish in the oven till well heated. A good colour can be got for the top of the dish by using the salamander or a hot iron.

Slices of tomato that have been skinned, drained of their watery juice, and having had their seeds picked out, may be laid upon the layers of egg with seasoning and grated cheese is in the foregoing. Mushrooms or truffle trimmings may be chopped up and sprinkled over them, but in this case no cheese is required. There is obviously here again ample scope for variation if a little commonsense be exercised.

Œufs farcis :—Boil six eggs for half an hour, take them out and plunge them into cold water.

When quite cold peel off their shells, and, with a dessert-knife dipped in melted butter, divide each egg in half, slicing off a little piece of the rounded ends to admit of each half sitting upright upon a dish: now pick out the yolks, pound them with two ounces of butter in a mortar, and proceed to dress them with any savoury trifles at your command; season the composition delicately, and fill the egg cases therewith, trimming the *farce* neatly with a dessert-knife dipped in melted butter in a convex-shape over each case—for there will be more than enough mixture merely to fill each cavity. For the *farce* you can select from those given in Chapter VI., pages 142-49, and blend the hard boiled eggs with them at discretion. A choice of two or three of those ingredients, seasoned with spiced pepper is what you require—say, one teaspoonful of mixed *farce* to each half yolk. Having dressed your cases to your mind, *fry* a little square of bread for each one as for *canapés* or *croûtes*, and place them thereon: arrange them on a fireproof *gratin* dish slightly buttered, pour a few drops of melted butter over each egg, and bake for five minutes. Lastly,

nicely rasped crust crumbs may be strewn over the dish when going to table. These make an effective garnish round a dome of spinach.

Eggs may, of course, be served in this manner very plainly *farcis* with minced curled parsley and chervil. A spoonful or two of pounded cooked lentils with finely chopped olive, for instance, would not be a bad mixture when worked up with the hard yolks.

For *Œufs farcis à l'Indienne*:—Pick the yolks out of six hard-boiled eggs cut in halves cross-wise, and crush them with a fork, add for each yolk a teaspoonful of minced cooked onion; mix the two well, moistening to a paste-like consistency with a strongly reduced curry sauce: fill the cases, trim the mixture in a dome shape in each; and, for hot service, egg, bread crumb, and fry in very hot fat, or set in the refrigerator and serve cold.

Œufs farcis are delicious when served *cold* in which form they should be presented prettily garnished with broken aspic jelly upon a flat china dish. Or they may be set in a border of aspic, garnished alternately with little balls of green butter, and a *salade de légumes* in the

centre. This dish is quite worthy of a place in the *menu* of a luncheon party.

Hard-boiled eggs may be fricasseed, or gently heated up, in any nice sauce. Take as an example:—

Œufs durs à la Soubise:—Cut the eggs in halves, lengthways. Arrange them in a hot fireproof china dish, season them, and moisten them with the *soubise* sauce. Scatter some finely rasped crust crumbs over the surface, and serve. If the sauce has been kept quite hot no heating will be necessary; if not, the dish must be put in the oven until hot enough to send up. A dusting of Parmesan is agreeable with *soubise*.

In this manner you can serve *Œufs durs a la Milanaise, à la Hollandaise, à la sauce verte*, etc., a specially nice one being with *béarnaise* sauce.

Œufs à la mode de Caen:—Slice ten ounces of mild Spanish onions, blanch them in boiling water for five minutes; drain, lay the onions in a stewpan with an ounce of butter, fry over a moderate fire without colouring, stir in an ounce of flour, then moisten with three gills of milk and one of water, season with seasoning mixture (b)

bring to the boil, and simmer twenty-five minutes. Now add a tablespoonful of cream, arrange in a hot *légumière*, lay four hard boiled eggs cut in halves over the surface of it, dredge over with finely grated cheese, or *chapelure*, and serve.

Œufs durs à la Fermière:—Make a coarse mince of a quarter of a pound of cooked mushrooms, and heat it up in just sufficient sauce *Madère* to moisten it seasoning with seasoning mixture (b). Arrange this in a *légumière*, make little hollows in it, and slip half hard-boiled eggs into them, dust fine crumbs over the surface, and sprinkle it with butter, set in the oven for a few minutes and serve.

Œufs durs al maître d'hôtel:—Cut four hard-boiled eggs in halves, trim them like *œufs farcis* to stand upright, but leave the yolks intact: set them on *croûtes* of fried bread on a flat silver or fireproof dish slightly buttered; pour a little melted butter over them, and heat them until quite hot in a moderate oven, then serve with a pat of *maître d'hôtel* butter—about the size of a shilling—melting over each half egg.

Œuf durs à la Palestine:—Choose a dozen

good-sized Jerusalem artichokes, trim, boil, and set them to cool; take six hard-boiled eggs, let them get cold and cut them up; cut the artichokes into slices, set them in a buttered *légumière*, strew the chopped hard-boiled eggs over them, moisten with a rather thinly mixed *sauce soubise tomatée*, dredge over this a fine layer of grated cheese, push into a moderate oven, and when hot and lightly coloured serve.

It will be seen clearly enough that with a very little consideration many variations are well within an ordinary cook's reach in respect of hard-boiled eggs. For cold service there are all the cold sauces to choose from, and all the vegetables which can be served cold, cooked or not as the case may be.

Œufs Mollets.

It is difficult to choose an English term for eggs cooked in this fashion. At the commencement of the chapter I called them medium hard-boiled, which perhaps may be allowed to stand. The object in view is to boil the eggs *just* sufficiently long to enable you to take the shells off without damaging the surface of the eggs,

and without hardening the yolks. To do this the eggs must be plunged into boiling water and kept at that degree of heat for five minutes. After this they must be cooled in cold water for something less than a quarter of an hour, and then stripped of their shells very carefully.

Thus prepared *œufs mollets* are served whole, garnished with delicate *purées* of nuts, or of vegetables, and with minces of mushroom or truffles moistened with white or brown sauce. They are also placed on *croûtes creuses* of fried bread, and masked with melted *maître d'hôtel* or *ravigote* butter, or with a nice sauce; and they can be egged, rolled in bread-crumbs, well dried, and then fried in hot fat till lightly coloured.

Except in the case of frying, the eggs will require warming before dishing; this is best done in a pan of hot salted water set in the *bain-marie*. They must not be allowed to boil again.

Poached Eggs.

Few cooks think that they require instruction in the art of poaching of an egg, yet I have met many who were unaware of the really correct method:—Put a *sauté* pan on the fire, with hot

water enough to three parts fill it, acidulate this with vinegar or lemon juice, and stir a large teaspoonful of salt into it; the moment the water reaches boiling point, break the eggs on the margin of the pan, open them close to the surface of the water, and let them slide gently into it. Cover, and after a minute at boiling point draw the vessel to the side of the fire, and let it simmer very gently until the eggs are nicely done, then lift them out with a perforated slice, or spoon, and dip them into a basin of cold water for a moment to set them, then trim and finish them according to requirements.

Taking simple methods first—the poached egg on fried bread or *croûte*—a number of variations can be secured by pouring over the egg melted *maître d'hôtel*, capers, tomato, *ravigote*, or other fancy butter; or plain melted butter with chopped parsley, chervil, or other herb, with a drop or two of tarragon vinegar. Next, sauces can be poured over them (a good way of utilising sauces remaining on hand from dinner the previous evening), and *purées* also, whether of nuts or vegetables. There is nothing nicer, for instance, than a tablespoonful of

tomato, green pea, or sorrel *purée* with a poached egg.

Poached eggs can also be served in a *légumière*, or flat oval china gratin dish, with a garnish round them of *purée* of any nice sort, or they may be laid upon a stiffly worked *purée* or mince.

Œufs pochés à l'Indienne:—Arrange the eggs upon neat pieces of fried bread, and pour over them a curry sauce (p. 148) somewhat thickened by reduction.

Œufs pochés à la Béarnaise:—The same arrangement with *Béarnaise* sauce.

Following these principles nearly all sauces may be thus used. A good plan is to pour the sauce, reduced rather stiffly, all round the margins of the eggs leaving them themselves uncovered. For very finished dishes this is done by means of a forcing bag and pipe.

Croûtes can be prepared for poached eggs with any savoury paste or butter, or a mixture of both, such as nut paste worked with tomato butter, cheese paste with capers butter, etc. Or a mince may be used of artichoke or mushrooms with or without truffles, just sufficiently moistened with a good sauce, to spread nicely over them.

Eggs in Cases.

These may be described as eggs set in china cases or *coquilles* that have been lined with some nicely made forcemeat, the composition of which can be varied in numerous ways: *See* Chapter VI. A simple example of the method of working will suffice.

Œufs moulés en caisses:—Pound in a mortar to the consistency of pliant paste a quarter of a pint of trimmed cooked mushrooms with an ounce and a half of butter, and adding a quarter of a pint of white bread crumbs that have been soaked in milk, finely chopped parsley, and one whole egg; season with pepper and salt. With this forcemeat line the bottom and sides of six small, previously buttered china cases leaving a hollow in the centre of each to receive one egg Slip the eggs into the hollows carefully, sprinkle the surfaces with a little salt, and pour a small allowance of melted butter over them. Set the cases in a high-sided *sauté*-pan, with hot water up to a third of their depth: push this into a moderate oven, cover with the dome top (page 34) and poach for eight or ten minutes (*see* page 167). On taking out the cases dish them on a

flat dish, giving each a little cap of sauce or *purée*.

Taking this as a fair sample of the method, it is clear that by changing the lining ingredients you can produce a number of nice little dishes. This ought not to be difficult, for in many kitchens there are continually remnants of good things that can soon be turned into lining farce.

Fried Eggs.

Although fried eggs and bacon may be called the commonest breakfast dish in Great Britain and Ireland—the one thing that a traveller can get at his inn—what an awful composition it generally is, particularly in regard to the eggs, the yolks of which are, as a rule, hard, and the whites leathery and burnt!

The prevailing custom is to empty a number of eggs into a large frying-pan with some rashers around them, and trust to their being fried in the melted bacon fat. This is, of course, wholly wrong. To be properly fried eggs must be done one after another in a small *deep* pan of hot oil over a sharp fire (a large iron ladle would do

well for the purpose); while cooking, the white should be coaxed gently over the yolk, to give the egg a round form: lift with a perforated ladle or slice and drain immediately. The process is far quicker than poaching. Fried eggs can be served, in the same manner as poached eggs, on *croûtes* with sauces, or savoury butter melting over them, etc., etc.

Boiled Eggs.

There is another odd thing to point out in regard to the cooking of eggs, and that is that it is not every one that knows how to boil one. The most wholesome and handy way of carrying this out for the breakfast-table may be thus described: put a small sauce-pan over a methylated spirit lamp, which can be placed upon a side table. When the water boils freely put in the eggs, and in ten seconds extinguish the lamp, covering the saucepan with the lid closely. In eight minutes a hen's egg of the ordinary size will be done to perfection, the albumen soft, and the yolk nicely formed. The common method of boiling eggs at a gallop for

three-and-a-half minutes has the effect of over-cooking the albumen, while the yolk is scarcely done at all.

NOTE:—It is generally believed that a cracked egg cannot be boiled without bursting, or the escape of the greater part of the contents of the shell, and this is correct if the egg be plunged according to custom into boiling water. But if it be placed in cold water, and the pan be set over a moderate fire, and brought gently to the boil, the egg will retain its contents, and be just nicely cooked when boiling point is reached.

CHAPTER XI

Macaroni and Rice

It may be said that according to the customs of English cookery, there are only two ways of serving macaroni:—either smothered with that tasteless, corn-floury, "stickphast" fluid called "white sauce," which I have already denounced; or served rather dry in a pie-dish with a little cheese on its surface. In the former fashion it is generally presented in such a flabby, uninteresting manner, that the unpopularity of Italian pastes may be easily accounted for; while the latter, though perhaps a little more savoury, is spoilt as a rule by an insufficient allowance of butter and cheese. Now as an important commodity in respect of vegetarian and light diet macaroni deserves the closest study and attention, and I hope to show presently that its service can be varied, especially in connection with vegetables, very pleasantly.

I would here explain that in this chapter I

use the word "macaroni" as a generic term referring to the whole family of Italian pastes. Of these of course, there are several varieties :— spaghetti, vermicelli, macaronelli, lasagne, tagliarini, tagliarelle etc., all differing in size and shape, the three last taking the form of ribbons in various widths. But the same method of cooking applies to all.

Directions are often given for the washing of macaroni putting it into cold water, and bringing it slowly to the boil ; some even counsel that it should be soaked. Flabby, messy-looking stuff can alone be the result of such treatment, while much nutritive value is absorbed by the water. To begin with, macaroni must not be *wetted* by any liquid not boiling. "Washing macaroni" wrote the G. C.—"is useless and unnecessary, putting it to cook in cold water is a blunder, soaking it is a crime." Treat it like rice, and throw it into *plenty* of boiling, slightly salted water ; turn and test it occasionally with a fork ; as soon as it is tender without being soft or flabby, stop the boiling by a dash of cold water, take it off the fire, drain it thoroughly, returning it to the dry, hot pan, which should be lubricated

with a little butter to prevent the macaroni sticking to it.

Macaroni à la Napolitaine:—Assuming that three ounces of macaroni have thus been boiled stir into it, in the hot pan, two ounces of grated Parmesan cheese with an ounce of butter. Put half the cheese in first, and shake it well amongst the macaroni, then add the butter, finishing with the other half; season with salt and black pepper (freshly ground by hand-mill if possible), and serve, piled loosely, on a hot dish as hot as possible.

Macaroni à l'Italienne:—In addition to the cheese and butter, stir in a breakfastcupful of good tomato *purée* (page 78): the combination is excellent.

Macaroni au gratin:—Prepare the macaroni exactly according to the forgoing receipt, without the tomato *purée;* but instead of serving it in this state, turn it into a well-buttered fireproof china dish, or silver dish for *gratins*, arrange it neatly, dust over the surface an ounce of cheese with a dessertspoonful of raspings, pour over all an ounce of butter, melted, and put into a moderate oven till lightly coloured, and serve.

Observe that for the true dish you depend upon the butter for the moistening. The English practice is to secure this with a sauce or milk, and there can be no doubt, if the sauce be well made, with broth as a basis, and the cheese allotted in proper quantity, a good result is often obtained. The following recipe may be trusted :—

Macaroni gratiné à l'Anglaise :—Well butter a *gratin* dish, arrange three ounces of well-boiled macaroni therein neatly, give it a dusting with black pepper and salt, pour round it three gills of *sauce blanche* (*see* page 65), in which you have mixed two ounces of grated cheese : let this run well in amongst the bed of macaroni, moistening it liberally, and shake over the surface a good layer of grated cheese, sprinkle with a dessert-spoonful of melted butter, put into a moderate oven with top heat and when thoroughly heated and its surface lightly coloured, serve.

Macaroni au gratin should be nice and juicy : you can moisten it with *sauce Milanaise* (page 80) for a change, or sauce *Milanaise tomatée.* If liked brown with sauce Espagnole (page 82). Moreover its packing can be diversified by the

insertion of minced cooked mushrooms, omitting cheese altogether. Butter a deep fireproof baking-dish well, sprinkle over it finely minced parsley, then having cut up the cooked macaroni in short lengths, put a layer of it at the bottom, then one of minced mushrooms, season with seasoning mixture (b) page 135 in respect of each layer. Continue this till the dish is packed. moisten well with good *espagnole* or *poulette* sauce, page 71, dredge raspings over the surface, sprinkle with butter, and finish as in the case of *Macaroni à l'Anglaise.*

Macaroni à la Milanaise:—Boil three ounces of macaroni, and keep it hot in its own pan after draining. Take three-quarters of a pint of vegetable *bouillon* (broth) flavoured with an onion, sweet herbs, etc, *see* page 41. With that make a plain cheese sauce in this way:—Melt half an ounce of butter in a saucepan, stir into it a dessertspoonful of flour, mix them to a paste, and, by degrees, pour in about half of the broth; as this is warming, add to it two ounces of grated cheese, with the remainder of the broth, a teaspoonful of powdered mustard, salt, and spiced pepper, at discretion; continue to stir the

sauce until it reaches a creamy thickness, when you can finish it off the fire by a coffeecupful of milk, in which the yolk of a raw egg has been beaten separately. Now stir the sauce into the hot boiled macaroni, and serve immediately, piled up upon a hot dish.

Macaroni à la Lyonnaise:—Mince finely an ounce of shallots, put this into a *sauté*-pan with an ounce of butter, fry over a moderate fire till the mince begins to take colour, then mix with it a dessertspoonful of minced capers, and stir the contents of the pan into a stewpan containing three ounces of hot boiled and drained macaroni, add an ounce of butter, and two ounces of grated cheese, stir it well with a large fork, and serve as hot as possible.

As the association of tomatoes in the form of *purée* with macaroni may be considered an established thing, I would invite attention to the directions which are given for its preparation page 254. In Italy when tomatoes are out of season they use *conserva di pomi d'oro* (tomato conserve) directions for which are given page 79. I have found that to prevent fermentation a little sugar should be added to the *purée*.

Bottling should be deferred till all signs of effervescence have subsided. A spoonful or two of the preserve, thinned with a very little stock, and with a pat of butter worked into it, would thus at all times, be handy for use in sauces, for dressing macaroni, etc. A dusting of finely grated cheese should, of course, accompany it in the latter case.

At all times good preserved tomatoes can be substituted for fresh. Poncon's French *conserve* is excellent, and the canned American decidedly good. English preparations are unfortunately too often spoilt with spice.

It is generally believed that macaroni is improved by being simmered in stock. When good broth is available, the process should be conducted in this manner: First blanch the macaroni by plunging it into boiling salted water, and maintaining this at the boil for eight or ten minutes. Then drain off the water, pour into the pan sufficient very hot broth to cover the macaroni, and simmer gently till it is tender. This may improve macaroni when it is to be served *à la Napolitaine*, *à l'Italienne*, *à la Lyonnaise*, or *au gratin*, but whenever it is to be

cooked with a *sauce* I prefer using the broth for that accompaniment, preparing the macaroni by plain boiling.

If you have a good quantity of bean or lentil broth available, or a good vegetable broth yielded after cooking root vegetables, beans, peas, celery, etc., macaroni can be boiled in it instead of water from the commencement.

Macaroni au jus :—is mixed without cheese or other adjunct save its own broth thickened and a seasoning of salt and pepper. Grated cheese may accompany. In any case the sauce should be made as savoury as possible. A slight sharpness produced by a garnish is generally found agreeable—see *sauce aux câpres*, *sauce aux cornichons*, *etc.*

Macaroni fourré:—In modern cookery the term *fourré* (*i.e.*, 'packed with') is applied to macaroni in the same way as it is to certain *omelettes* (page 309). The method is peculiarly suitable for *entrées* of vegetables and light diet. Having prepared three ounces of macaroni *à la Napolitaine*, *à l' Italienne*, or *à la Milanaise*, butter a hot *légumière*, line its bottom and sides with the macaroni, leaving a hollow in the

centre, fill this for a special occasion with a *ragoût* of mushrooms, artichoke bottoms, and truffles, or other delicate vegetables, moistened with a carefully prepared sauce, either singly or in combination, cover with a layer of macaroni in dome shape, smooth this neatly with the palette knife, dredge grated cheese over the surface, sprinkle liberally with melted butter, set the dish in the oven till slightly coloured, and then serve. It should be noted in respect of these *entrées* that the component parts should all be quite hot at the time of packing the *légumière*. The *ragoût* or specially selected vegetable, moistened with the sauce prepared for it should be kept hot in the *bain-marie*, and the macaroni should be taken from the hot pan to which, having been drained, it has been returned. If preferred the macaroni may be used simply as a border, and not arranged on the surface of the *ragoût*.

The following list may be useful to assist selections:

Macaroni fourré:—

1. aux petits pois à la crème.
2. „ marrons, espagnole.

3. aux pointes d'asperges, hollandaise.
4. „ haricots verts, étuvés.
5. „ fèves à la bourgeoise.
6. „ quartiers d'artichaut, Béarnaise.
7. „ épinards, soubisés.
8. „ céleris, Bordelaise.
9. „ choux de mer, poulette.
10. „ champignons, matelote.

The recipes for three ounces of macaroni are composed for a nine-inch Limoges china fireproof dish—enough for three people

Closely connected with macaroni, and exceedingly nice when cooked as such, are—

NOUILLES.

Weigh half a pound of sifted flour; put it on the pastry-board; make a hole in the centre of the flour; break three eggs into it; add half an ounce of butter, and a pinch of salt; work this gently into a paste, wrap it in a cloth, and let it rest a quarter of an hour. Then turn it out and work it vigorously till it is very smooth. Roll the paste out now very thin—say about the sixteenth of an inch—let it dry, then cut it into ribbons an inch and a half broad; put five of

these ribbons above one another, sprinkling a little flour between each; then with a knife cut through them crosswise, making thin shreds like vermicelli; shake them in a cloth with a little flour to prevent their adhering to one another, then drop them into two quarts of salted boiling water for six minutes, drain and cool them on a sieve. Serve *nouilles* exactly as you would macaroni. They make a good garnish for cutlets, *croquettes*, etc., and can be used in soup.

Gniocchi.

Put a gill of lukewarm water into a stewpan on the fire, with one ounce of butter, a pinch of salt, and two of pepper. Boil take off the fire, cool, add four ounces of sifted flour, and mix well, adding two ounces of grated Parmesan cheese: stir over the fire for one minute, remove the stewpan, breaking into it three eggs, one after the other, and stirring continually. Divide the paste you now have got into small portions, rolling them about the size of walnuts; put these into a buttered *sauté*-pan, pour *boiling* milk over them, simmer for five minutes, and drain on a sieve. Now arrange a layer of the *gniocchi*

in a *légumière* sprinkle with Parmesan, add another layer, and sprinkle, moisten with a good *sauce blanche*, cover all with a final layer of Parmesan, set in a moderate oven, and when coloured, serve very hot.

Ravioli.

These can be made with the *nouilles* paste already described. Roll it out as thin as possible, and with a two-inch fluted cutter, stamp out a number of rounds: arrange these in pairs in the centre of one of each pair place a little ball of forcemeat the size of a nut, moisten the edge all round, and lay the other round over it, pressing the edges together to enclose the forcemeat. The forcemeat can be selected from those given in chapter VI. As each little patty is formed lay it on a floured cloth spread upon a joint dish. Prepare in a stewpan salted water as for macaroni, and when it is boiling lay in it the *raviolis*, using a slice for the operation; boil for five minutes, then simmer for ten, very gently, with heat at the edge of the pan. Dish like *gniocchi*, but instead of sauce blanche moisten with tomato sauce, and serve without baking.

Rice.

It will be seen that in the better treatment of rice the laws that govern the cooking of Italian pastes should generally be followed. Rice, like macaroni, must be plunged into boiling water, and finished in the same way; but it will be well, perhaps, to give each step in detail:—

(*a*) For from four to six ounces of uncooked rice choose a four-quart, or even larger, stew-pan; three-parts fill this with water and set it on to boil, putting into it a dessertspoonful of salt, and the squeeze of a lemon. Rice requires abundance of water, and plenty of room to spin.

(*b*) While the water is coming to the boil, sift on a sieve but do not *wash* the rice. Rice for the English market is so carefully *refined* and winnowed that it does not require washing, and it is an advantage to keep the grains dry until they are plunged into *boiling* water.

(*c*) Put a small jug of cold water within easy reach of the fire.

(*d*) As soon as the water boils freely, cast in the rice, and with a wooden spoon give it occasionally a gentle stir round.

(*e*) Mark the time when the rice was put in,

and in about ten or twelve minutes begin to test the grains by taking a few of them out with the spoon and pinching them between the finger and thumb.

(*f*) When the grains feel thoroughly softened through, yet firm, stop the boiling instantly by dashing in the jugful of cold water.

(*g*) Empty the contents of the stewpan upon a wire sieve, and drain off the water completely; while it is draining melt half an ounce of butter in the hot pan which was used for the boiling of the rice, and when the latter is ready return it to that vessel. The pat of butter is used to prevent the rice sticking to the sides of the pan; shake this well, set it close to the fire and cover it with a clean napkin, so that it may dry, repeating the shaking every now and then to separate the grains.

(*h*) To detach the grains thoroughly before dishing, scatter them well in the pan with a two-pronged carving fork. Never stir with a spoon.

The drying process will take from eight to ten minutes at the least, and must not be hurried. For this reason, the cook should give herself full time for the operation. Even well-

boiled rice will not come to the table satisfactorily unless it has been drained and dried as I have described.

Raw rice, of good quality, swells to four times its original bulk when boiled, it therefore requires plenty of water when undergoing that process. Carolina rice takes a greater quantity of water than Patna on account of the size of the grains. Three quarts of water to six ounces of rice is a good proportion for the latter, and an extra pint for the same weight of the former. Lemon juice preserves the whiteness. The immediate checking of the boiling, with cold water, assists the separation of the grains, which is the chief aim in well-boiled rice. Stickiness is the result of over-boiling, or too slow cooking. Rice cannot be boiled too quickly. It is a mistake to put it into cold water, or to subject it to any *slow* method of cooking when the object is to serve it plainly boiled. After it has been cooked, hot water should on no account be poured over it; while to expose it to the action of steam as a way of drying it cannot but result in failure—methods which have been recommended by some writers on cookery.

It is quite possible to serve rice, prepared as I have described, as a savoury dish, alone. For this purpose it should be dressed with butter, grated cheese, tomato *purée*, etc., as described for macaroni. It can be coloured a pale yellow with saffron, or, for Oriental flavour with turmeric. Lastly, it can be made still more sapid if simmered in broth after having been partly boiled.

Riz à l'Italienne:—Into four ounces of well-boiled rice as it lies in the hot stewpan, stir one ounce of butter: stir, till thoroughly mixed, dust with pepper and salt, add tomato pulp enough to moisten the whole nicely, and finish with two ounces of finely grated Parmesan, Gruyère, or other mild dry cheese. Serve piping hot. When lifted with the fork, the grains of rice should carry with them fine threads or tendrils of melted cheese as in the case of *Macaroni à l'Italienne.*

Riz à la Napolitaine:—Melt an ounce of butter in a stewpan, the bottom of which should be lightly rubbed previously with a piece of garlic; mince an onion the size of a golf-ball very finely, and fry it in the butter; stir into

this, when of a golden yellow colour, four ounces of hot well-boiled rice; work it vigorously with a carving fork, while an assistant shakes into the pan a couple of heaped up tablespoonfuls of grated Parmesan or Gruyère; garnish the dish with granulated hard boiled eggs, and serve it piled upon a flat dish.

Riz tomaté:—Prepare the rice exactly like *Riz à l'Italienne* for this, omitting the cheese. If the tomatoes are ripe and of a good colour a very pleasing tint is given to the rice by this process.

Riz à l'Indienne:—Commence as laid down for *riz à l'Italienne*, using an ounce of fresh butter. Omit the tomato pulp, and instead of the grated cheese, stir in sufficient turmeric powder to tint the rice a pale yellow, finish with an ounce of butter in which a teaspoonful of finely chopped shallot has been lightly fried. Stir well with a two-pronged fork, and serve very hot.

Riz au chou:—Boil four ounces of rice as has been described, and keep it hot in the pan. Shred the heart of a good-sized savoy cabbage previously boiled till tender. Melt a couple of

ounces of butter in a roomy stewpan, cast into it—finely minced—six ounces of onion, and stirring well over a low fire, let the onion turn yellow; then put in the shredded cabbage, stir it about for three minutes with the butter and onions, and pour over it enough cocoanut infusion as made for curries (page 148) to come level with its surface: stew gently now for a quarter of an hour; after this add the rice which should be stirred about for five minutes with the cabbage. The dish is now ready. Turn it out upon a well-heated *légumière* and smother it with grated cheese. For an ordinary head of cabbage, four ounces of cooked rice will be found enough.

Riz à la Turque:—In this, and in the following cases the rice is first blanched for five minutes. Put into a stewpan a pint of good white haricot broth, add two tablespoonfuls of tomato conserve or *purée*, season, if necessary, with salt and black pepper, and set the stewpan on the fire. As soon as the liquid boils, cast into it four ounces of the blanched rice. Reduce the heat after a minute, and let the rice stew gently in the tomato-flavoured broth. As the rice cooks,

it will absorb the liquid: watch it narrowly, stir gently to prevent its catching, and as soon as it has sucked up the whole of it, shake the pan well to separate the grains, and mix into it an ounce of fresh butter. Serve very hot.

Riz au gratin:—Prepare six ounces of rice as for *Riz à la Napolitaine*, adding two ounces of butter to the allowance given in that recipe. Stir well with a two-pronged fork moistening with two gills of *sauce blanche*. Put this into a buttered *légumière*, smooth over the surface with a palette knife dipped in hot water, dredge a canopy of grated cheese over this, sprinkle it with melted butter, and bake in a moderate oven till nicely browned.

Riz fourré aux champignons:—In this case follow the advice given for macaroni fourré substituting rice, of course, for the macaroni. Similar variations in respect of the garnish can be effected.

Risotto à la Milanaise:—My advice for this preparation of rice peculiar to Northern Italy, is founded upon Sir Henry Thompson's recipe. For three persons—put two ounces of fresh butter with three ounces of onion chopped very

fine into a stewpan, and fry until the onion has a pale gold colour. Then blanch for five minutes, and add six ounces of large grained East India (Patna) rice, stirring it constantly for about two minutes with a carving fork so that it does not stick to the stewpan; after this two minutes' cooking, add about a pint of boiling broth, by degrees, very gradually; then reduce the fire and let it simmer gently, stirring frequently, till the rice is just soft; before it is quite finished, add an ounce of butter, a pinch of nutmeg, a small teaspoonful of saffron, and two ounces of grated Parmesan cheese. After this remove the pan from the fire, dish in a *légumière*, and serve. The quantity of broth can be varied according as the *risotto* is preferred, thick or otherwise.

Risotto à la Marchigiana:—is made in the same way, with the addition, besides cheese, of minced cooked mushrooms.

Khichri (*Kedgeree*):—This useful method of serving rice is well known, of course, by name in England but I question whether one of the commonest forms of its preparation in India is as familiar as it might be. I refer to *Dhâl*

Khichri in which the rice is associated with *dhâl* making a savoury and nourishing dish which should be specially acceptable to vegetarians. *Dhâl* can be got in London, but as we have in split peas an exact equivalent there need be no trouble on that score.

Proceed as follows:—Soak half a pint of split peas for a couple of hours, skimming off all that may float, and put the remainder into a clean cloth securing them loosely as in a bag, leaving space for their swelling. Put this into cold water, bring to the boil slowly, and continue the cooking until the peas are done but not pulpy or broken. Separately boil eight ounces of rice. When both are ready (the rice just returned to the hot pan, in which it was cooked) stir into it two ounces of butter, adding the peas by degrees, seasoning with pepper and salt, and stirring the mass well with a two-pronged fork. Have ready a very hot dish, and pile the *Khichri* in it in dome shape, smothering it with granulated hard boiled eggs.

Fried onions are often added as a garnish in India prepared in this way:—Slice half a dozen shalots in rings, fry these in butter over a low

fire till golden coloured and soft, then lay the pieces on a dish slightly lubricated with butter and set it in the oven to dry them.

Piläo Rïce—(sometimes written *Pullow*, in Persian *Pilâv*):—Properly speaking the rice for this dish should be cooked in broth. I do not recommend this in vegetarian cookery because the process discolours the rice without giving it any special savouriness. My method is to cook the rice in the ordinary manner, to return it after draining to the hot vessel in which it was cooked, and then to add butter and seasoning.

An oriental Piläo is highly spiced with powdered nutmeg, cardamom, cinnamon, or cloves, often tinted with *turmeric* or saffron, and garnished with pieces of onion parched as just described in the oven till they turn a light brown colour, and chopped or quartered hard-boiled eggs. To suit the European taste this of course can be modified.

When thus dressed, and steaming hot, the rice is emptied over and around the *relevé* chosen for the *piläo* which has been kept hot in a covered vessel during its concoction.

In the course of some special lectures in re-

spect of vegetarian cookery given by me in the winter of 1899, I introduced the cauliflower as a good vegetable to select for a *piläo*, and since that time *chou-fleur en piläo* has become an established *relevé* in vegetarian circles.

Besides *oignons gratinés* and hard boiled eggs, a garnish of pine kernels, almonds, pistachio nuts, green ginger, and sultana raisins can be added to a piläo, with strips of chilli skin, or capsicums. The nuts and raisins should be stirred about with a fork in a buttered sauté-pan over a fire until quite hot. The green ginger should be very finely sliced.

Saffron, not turmeric, is used in the Turkish *pilâv*, a dish which in other respects is made like piläo.

NOTE.—The particular drawback to guard against in all these dishes is *greasiness*. As soon as proper heat passes off, this objectionable condition manifests itself. It is on this account that special attention is necessary in the matter of speedy service, and very hot dishes and plates.

A *soufflé au fromage*, (*Parmesan* or *Gruyère*) is a dish of which, no doubt when successfully

made, the cook has cause to be proud. It requires careful management, for the making of a *soufflé* is just one of those things in which, owing to some freak on the part of the oven, or small inattention, the best hand may occasionally err. One point should be noted, *viz* :—the *stiff* whipping of the whites and the preparation of a not too fluid mixture. A slack mixture never bakes well. Neither must the oven be fast for a *soufflé*. The result of an over hot oven is that the *soufflé* rises too quickly with its outside done, and its inside not formed at all.

Touching *soufflé* tins or cases: These should be rather deep in proportion to their diameter. It is a good plan to add to the depth by pasting round the wall of the tin, on the inside of it, a band of stiff paper which may be allowed to extend a couple of inches higher than the tin. The *soufflé* is thus protected from overflowing the margin of the tin when it rises.

Soufflé au Parmesan:—Put two ounces of butter with a gill of water, and a salt spoonful of seasoning mixture (*c*), into a small stew-pan, boil up and take it off the fire, mixing into it four ounces of well-dried flour. Incorporate the flour

and liquid by vigorous stirring; replace the vessel over a low fire, continuing the work until the paste detaches itself from the sides of the stewpan. Empty this into a bowl, and let it get half cold, moving it about with a wooden spoon. When cooled, mix into it by degrees the yolks of six eggs, four-and-a-half ounces of grated Parmesan, and two-and-a-half ounces of butter cut into small pieces, which should be added bit by bit, without ceasing to work the mixture. At the last moment stir into it the whipped whites of five of the eggs, put this into a well-buttered tin, and set it on a wire drainer in a moderate oven. If the oven be properly heated the *soufflé* will be ready in twenty-five minutes.

Soufflé au Gruyère:—This illustrates another method of working:—Put into a stewpan four-and-a-half ounces of flour, two ounces of potato flour (Groult's *fécule de pomme de terre*), two ounces of butter, two-and-a-half ounces of Gruyère grated, and the same of Parmesan, with a seasoning of black pepper and a pinch of sugar. Moisten all this with five gills of milk, adding it by degrees. Put the stewpan over a low fire, and continue stirring the mixture at a very

moderate heat, till the paste detaches itself from the sides of the pan ; now take the stewpan from the fire, stirring occasionally till the contents are half cold, then add an ounce of butter with the yolks of six eggs, and proceed to warm the mixture over a low fire stirring without ceasing. Finally add the whites of five of the eggs whipped to a stiff froth, and five ounces of Gruyère cut in thin shavings. Cook as in the foregoing case.

NOTE :—By carefully reducing the other ingredients given in these recipes by one-third a nicely sized *soufflé* for four people can be made with four eggs.

Soufflé crèmeux au fromage (without flour) :—This is a special form of *soufflé* :—Put into a stew-pan three ounces of butter half melted, and four yolks of egg, season with black pepper, salt, and a pinch of nutmeg, and proceed over a low fire to turn the mixture to a custard, carefully avoiding boiling. When it is quite smooth take it off the fire, mixing into it three-and-a-half ounces of grated Parmesan. It should be now worked smoothly, and the stiffly whipped whites of two eggs with which a tablespoonful of cream

has been blended having been added, the mixture should be poured into a tin, set in the oven on a wire drainer and baked very gently for eighteen or twenty minutes.

Ramequins :—or little puffs of cheese, can be eaten as a savoury at the end of a dinner, and they make a nice garnish. Put one ounce of butter in a small stew-pan with a quarter of a pint of water, and a teaspoonful of seasoning mixture (c); boil it, cool, and add two ounces of flour. Stir over the fire for four minutes, and then mix with it two ounces of grated Parmesan and two eggs, well beaten, one after the other. Put the paste thus formed on a buttered baking sheet in lumps the size of a golf ball (the mixture should be stiff enough not to spread itself when the spoonfuls are laid upon the baking sheet), flatten them slightly, brush them over with beaten egg, push the sheet into a moderate oven, bake, and the moment they have risen, serve upon a hot napkin.

Ramequins en caisses :—Mix together two ounces of dry finely grated cheese with two ounces of fine stale bread-crumbs, stir in one by one the yolks of three eggs, an ounce of butter

melted, and a seasoning of salt, pepper, and mace, finally add the whites of the eggs very stiffly whipped; with this three parts fill the buttered china cases which set upon a baking sheet, push into a moderate oven, bake, and serve as soon as the *ramequins* have risen nicely.

Gougère au fromage:—Put into a stewpan a gill and a half of water, three ounces of butter, and a seasoning of pepper, salt, and mace. Put the vessel on the fire. When the water boils, take the pan off the fire, and stir in six ounces of flour, replace on a low fire, and mix till the paste is thoroughly formed. Take this off again, let it cool, and add the yolks of five eggs and three ounces of grated Parmesan cheese; mix thoroughly, and stir in three of the whites beaten to a froth. Butter a fireproof china dish, and spread the mixture in it; cover the surface with very thin shavings of cheese, glaze over with the beaten yolk of an egg, and bake for twenty or twenty-five minutes. If the dish be well buttered the Gougère may be turned out as a cake, and eaten with butter. (Baron Brisse).

Bouchées au Parmesan:—Mix together half a pint of well-drained curd, one-and-a-half ounces

of butter. Pass through a sieve, and add two ounces of grated Parmesan, the yolks of three, and the white of one egg, well beaten. Line some patty pans with the paste described page 111 for *croustades*, fill the hollows with the mixture, and bake in a moderate oven for twenty minutes. Serve at once. The mixture may be seasoned with Nepaul pepper and a pinch of nutmeg.

Omelette soufflée au fromage :—This is really an *omelette* prepared as for process No. 3, page 306, baked instead of being done over the fire in an *omelette* pan. Incorporate two ounces of dry finely grated cheese with four yolks, season with pepper, salt, and a pinch of nutmeg, and (in this case) stir into it half an ounce of butter cut into little bits. Amalgamate this with the whites whipped as stiffly as possible, lay the mixture in a well-buttered fire-proof china dish, smooth it with the palette knife, and put it into a moderate oven. As soon as a skin forms on its surface pass the blade of a knife gently under it, lengthways, from end to end. Then when the *omelette* rises and takes a nice biscuit-brown colour, serve without delay.

Biscuits au fromage :—Out of a piece of paste

made according to the recipe given page 111, stamp round biscuits two-and-a-half inches in diameter, and a third of an inch thick: prick them with a fork, lay them on a buttered baking sheet, bake them in a hot oven, and serve masked with grated cheese rendered fluid with butter over a moderate fire.

Croûtes creuses au fromage:—Prepare the *croûtes creuses* in the manner described page 111. Keep them hot while you make this mixture:—To one gill of *Hollandaise* sauce add two tablespoonfuls of grated Parmesan or other dry cheese; mix well, fill the *croûtes*, and set them in the oven just long enough for their surfaces to take colour. Serve at once.

The mixture may be put into little pastry saucers (*croustades*) for which see page 112. Bake and serve in the same way.

Cream Cheese:—Mix a teaspoonful of salt with a large breakfast-cupful of rich cream, stir it well, and then pour the cream into a slop-basin in which a clean piece of soft linen has been laid. The cloth must be saturated with salted water, not dry. When the cream has been thus turned into the cloth, draw the ends of it together,

holding the cream as it were in a bag, tie it tightly with string or tape round the neck, and hang the bag in a cool place to drip ; when the dripping of moisture from the bag ceases, the cheese is ready: take the bag down, turn the contents out into a clean cloth, mould it into a circular form, or shape it in a neat square, and serve it on a dish garnished with green leaves. Let it stand in the ice-box till wanted. A day will be found sufficient for the making of this kind of cheese in warm weather, if commenced betimes in the morning. Use a porous sort of cloth for the operation if the cream be very thick so as to encourage the escape of the whey from the cheese. It is sometimes advisable to change the cloth during the draining process.

TOASTS.

Unless specially stated to the contrary in the recipe, the slice of bread destined to receive any savoury composition should be delicately *fried* in butter till of a golden colour rather than toasted in the ordinary manner. If kept waiting at all, ordinarily toasted bread, when the savoury mixture has been arranged upon it, becomes

spongy or sodden, and soon loses its crispness. The easy process of toasting, too, is frequently slurred over carelessly, and the bread is scorched, not toasted. If you watch the ordinary servant in the act of toasting, you will generally find that she places the slice of bread as close to the glowing fire as possible. Setting aside the risk that the bread thus incurs of catching a taint of smoke or a powdering of ash dust, it cannot be evenly and delicately browned, neither can it attain that thorough crispness which is a *sine quâ non* in properly made toast. The slice of bread must be kept some little distance from the clear embers, being gradually heated through, crisped, and lightly and evenly browned by degrees. But, as I said before, bread fried in good butter is better, with a very few exceptions, than toasted bread for the sort of dishes we are going to consider.

A savoury toast is not worth having unless it be piping hot : it may be kept hot in the oven, to be sure, but it is never so good as when brought straight to the table the moment it has been completed. To ensure this, therefore, let the cook be warned to have everything ready ; the

top dressing or mixture in a saucepan in the *bain-marie*, the bread cut, and *sauté*-pan at hand for the frying. The finishing off can then be carried out in a few minutes. It is better even to keep the table waiting for three or four minutes for a *bonne-bouche* than to serve immediately such a miserable fiasco as a cold or lukewarm toast.

Savoury vegetable toasts are of course often sent up with their surfaces dressed with buttered or poached eggs, but perhaps the best masking is the *Savoury Custard:* Separate carefully from the whites three yolks of egg and put them in a cup handy; for each yolk take one ounce of butter; in a small saucepan heat to boiling point two tablespoonfuls of water, take it off the fire, cool a little, and stir into the water the three yolks one by one and a saltspoonful of salt, lower the fire and over gentle heat place the saucepan, stirring into it, by small pieces at a time, the three ounces of butter: use a little whisk for the stirring, and if patiently worked the result will be a perfectly smooth creamy sauce: finish with a dessertspoonful of French vinegar reduced from three. (See page 67.) A

very low fire is most necessary, for if at all overheated the mixture will become lumpy.

A less rich custard dressing can be made in the ordinary manner, substituting salt for sugar and sharpening as in the foregoing case. Half a pint properly thickened will mask six toasts three and a half inches long, and two and a half wide. The custard must not flow over the dish it must lie smoothly on the surface, covering it neatly. Accordingly, it is necessary to allow at least five yolks for two gills of milk.

Cheese Toasts.

An old-fashioned dish set in a hot-water tin is a useful vessel for this work. For a simple *Toasted-cheese Toast*, all you have to do is to fill the tin with *boiling* water, to melt a little butter on the plate, and lay thereon a round of toast well buttered, and cover it with very finely grated, sound, mild cheese ; set this in the oven regulated for strong top heat, or put it under the grill of a gas stove not too fiercely heated, and when the cheese has melted to serve the dish as it is. The water in the hollow tin dish must be boiling.

The well-known title, *Welsh Rabbit, or Rarebit*, is often applied to elaborate cheese toasts which have no real claim to it. The correct thing as made in Wales is very simple, *viz*: they cut a slice of mild sound cheese, and prepare a well-toasted piece of toast, slightly buttered, to receive it. They put the latter on a fireproof dish in front of the fire to keep hot while they toast the cheese on both sides, but not so much as to cause the oil to ooze and drip from the cheese. As soon as it reaches the proper stage they lay it on the toast and send to table quickly.

The following recipes for cheese toasts may be useful :—

(*a*) Grate two ounces of mild dry cheese, mix with it an ounce of butter, a dessertspoonful of made mustard, a half saltspoonful of salt, and the same of Nepaul pepper with a well-beaten egg. Mix well in a basin and work the mixture till it is smooth. If not as stiff as thick batter add a little grated cheese. Toast a couple of slices of toast, butter them on both sides, place them on a buttered dish that will stand the oven spread the cheese mixture over them pretty

thickly, and bake for eight or ten minutes till nicely coloured.

(*b*) If you would rather have a smooth, yellow surface, not too crusty or dry, place the prepared toasts in a buttered pie dish, spread a sheet of oiled paper over them, and after ten minutes baking in a fairly hot oven they will be ready. Take the pie-dish from the oven, remove the paper, take out the toasts, and serve.

(*c*) Into two ounces of finely sifted white crumbs beat up an egg whole with a tablespoonful of milk ; stir into it two ounces of grated cheese, a dessertspoonful of butter, a teaspoonful of made mustard, half a saltspoonful each of salt and Nepaul pepper, and a pinch of mace ; if not sufficiently diluted to form a stiffish batter, add another well-beaten egg, arrange on toasts, as in the preceding case, bake, and serve very hot.

To make a cheese toast in the dining-room, take two tablespoonfuls of grated cheese, and mingle with it a teaspoonful of mustard powder, a pinch of salt, and a dust of Nepaul pepper. Light a spirit lamp, and, in a little frying-pan placed over it, melt a dessertspoonful of butter ;

when melted, shake evenly over the butter the powdered cheese, and stir well. As soon as the cheese looks creamy, stop, and pour it over some hot buttered toast brought in on the instant on a covered hot-water dish from the kitchen.

Stewed cheese toast:—Grate some sound dry cheese, take a clean stewpan, put into it a quarter of an ounce of butter and the same of flour, set this over a moderate fire, season, and stir in half a pint of milk, add grated cheese in sufficient quantity to bring the mixture to a thick, custard-like consistency, stir in the yolk of an egg off the fire, and pour the mixture over the previously prepared toasts laid in a hot *légumière*, and serve.

NOTE:—Some like a little beer added to stewed or otherwise cooked cheese: this of course is a matter of taste and discretion. In the case of stewed cheese, beer or porter should take the place of the milk.

Mock-crab toast:—Pound two ounces of grated cheese with a dessertspoonful of Harvey sauce, the same of made mustard, and one of Orleans vinegar, a pinch of Nepaul pepper, and a little salt, the yolks of two eggs, and a tablespoonful

of butter. When the mixture is smooth and consistent proceed as directed for toast (*a*).

Ramequin toast:—Make the mixture exactly as laid down for *ramequins en caisses* (page 362), or this :—Take two ounces of mild grated cheese, and two ounces of white bread-crumbs; soak the crumbs in milk, and mix them well in a bowl with the cheese and an ounce of butter, add one by one the yolks of three eggs, season the mixture with pepper and salt, and half a saltspoonful of nutmeg or mace. Finally, beat up one of the egg whites to a stiff froth, mingle it with the mixture, which, when completed, should be stiff enough to stand without subsiding. Arrange this very carefully in dome shape on the surfaces of some neatly cut squares of fried bread, lay these out upon a well-buttered baking dish, and set in the oven for ten minutes, or until the cheese dressings on the toasts rise in the manner of *soufflés*. If served in the nick of time these little toasts will be found very good.

Never use a rich ripe cheese, or one that has begun to show signs of blue mould, in cookery. A little mildew in a bottle of grated cheese will impart a musty flavour to the dish in which it

may be used. Choose a clean, fresh, hard, dry cheese for grating, Parmesan and Gruyère that has become dry for choice, and one that is sufficiently moist to slice without crumbling for toasting. It is often possible to get inexpensively a piece of Gruyère in good condition for grating, *i.e.*:—when a cheese, cut and exposed to the air for some days, has become too dry for ordinary use.

Egg Toasts.

A number of nice toasts can be made with eggs. For instance, buttered or scrambled eggs (*œufs brouillés*) if properly made are undeniably good if served quite simply, upon crisply fried bread, straight from the fire. See page 320. The varieties there given:—*Œufs brouillés au fromage*, *soubisés*, *tomatés*, *aux pignons*, *à l'Indienne*, &c., can all be served in this manner. A good way of dishing these toasts is to cut the bread from a sandwich loaf; say, eight inches long, three wide, and a quarter inch thick. Either fry this, or toast it as may be desired, lay it upon a board, and with a sharp knife cut it across into two inch pieces, but place them all together again, thus re-forming the piece of bread as it was

before it was cut. Lay them in this manner in a hot *légumière*, and mask with the scrambled eggs. This facilitates helping. The spoon passes under each piece easily and detaches it neatly.

Cold cooked vegetables such as peas and asparagus points, can be used whole, while artichoke bottoms, French beans, truffles, or cooked mushrooms may be cut into dice, and mixed with the eggs in the same way. Mushroom powder may be blended with the buttered eggs effectively, a spoonful of cream assisting it, thus forming a very nice toast.

Buttered eggs when they appear at dinner are, as a rule, served over some savoury preparation as a top-dressing or mask, which is spread on the toasts or *croûtes* first, such as a *purée* or fine mince of mushrooms, moistened with a stiff sauce; truffles, in the same way, artichoke bottoms, &c., are called into play.

Hard-boiled eggs make a very good sort of toast in this way:—Let four hard-boiled eggs get cold, then chop them up. Make half a pint of good white or brown sauce; flavour it with a tablespoonful of tomato *purée*, season with spiced pepper, add the chopped eggs, cover and set

the stew-pan in the *bain-marie* so as to get thoroughly hot. When required, spread the contents of the stew-pan over four nicely fried squares of bread, dust the grated cheese over their surfaces, and serve at once.

Another good toast is easily made with chopped hard-boiled eggs just sufficiently moistened with sauce *soubise*, or sauce *Milanaise*, &c.

Plovers' eggs toast, (*œufs de vanneau sur croûtes*): Allow two plovers' eggs for each toast: cut each egg in halves lengthwise. Make a smooth and firm savoury custard (page 368), garnishing it with chopped truffles; warm the half eggs in the custard, and dish as follows:—Having ready in a hot *légumière* fried *croûtes* three inches long and two broad, perfectly hot, mask their surfaces with the custard, and arrange on the top of each *croûte* four half plovers' eggs. If the *croûtes* are cut smaller, one egg in halves will be sufficient for each of them.

Poached Eggs:—For the service of poached eggs on toasts see page 330, where several suggestions are made.

Vegetable Toasts.

Spinach, sorrel, and other delicate greens worked up in the form of *purées* make very nice toasts. They may be served on fried bread *croûtes*, or on toast. Peas, flageolets, French beans and asparagus *purées* can thus be made use of. Buttered eggs may cover them if approved.

An excellent toast can be made with the inner tender leaves and stalks of the beetroot. After having been boiled and drained like spinach, they should be chopped up and heated in a saucepan with melted butter, or sufficient plain white or *soubise* sauce to moisten nicely, with a seasoning of salt and pepper, and then be spread upon hot fried bread with as little delay as possible.

Nearly all vegetables, with slight modification according to their peculiarities, can be dressed in this manner on toast.

Vegetable marrows and cucumbers should be trimmed in little fillets, their seeds should be cut out, and the pieces thus prepared should be cooked as directed for cucumbers (page 251). These may be warmed again in a good *sauce blanche*, made from their *cuisson*, in which a

tablespoonful of grated cheese has been mixed, or in a Malay curry sauce, laid upon toasts, and sent up.

The points of asparagus, sprigs of cauliflower flowers, peas, artichoke bottoms, and similar dainty vegetables, provide very nice materials for toasts in association with well flavoured sauces such as *Milanaise*, or almond made upon a vegetable broth basis.

French beans are perhaps best prepared for toast by being cut transversely so as to form diamond shapes and moistened with *soubise*. Finely granulated hard boiled yolks of eggs can be mixed with the sauces used for these toasts effectively.

Jerusalem artichokes, celery, and leeks should be turned to a *purée*, and dressed as advised for peas, asparagus, etc., and finished with a canopy of grated cheese.

Aubergines :—When required for toast should be chosen young, boiled, drained, and set to get cold ; then the seeds and pulp should be scraped out of the pods into a basin, using a plated spoon for the operation. Pass this, if the pods are at all old, through the sieve to get rid of the

seeds. Give the pulp a dusting of pepper, and spiced salt, and add for four pods of moderate size a two dessertspoonfuls of grated cheese. Fry rounds, or slices of bread, according to the number you want, in butter, and set them to keep crisp and hot in the oven. Next mix in a small stewpan, over a moderate fire, a *roux* of half an ounce of butter and half an ounce of flour, moisten with half a pint of milk, bring slowly to the boil, stir into it the aubergine pulp, take the pan off the fire, cool, and mix with it the yolks of two eggs; replace it over a very low fire, and continue stirring until the mixture looks nice and thick, and steaming hot; then pour it over the toasts, and serve. A dust of grated Parmesan cheese should be shaken over the surface of the toasts to finish with, and Nepaul pepper should be handed round.

Nice nut toasts can be made with chestnuts, pine-kernels, cashu-nuts, almonds, filberts, etc., by following the directions given for nut sauces, but preparing the mixture a little thicker by a larger proportion of the granulated nuts (see page 87). Cream is valuable in all nut toasts, as also with all those of vegetables already given.

Hors d'œuvres, and Savouries

Hors d'œuvres, ordinarily speaking, are little portions of some tasty preparation served cold with radishes, butter, pickled gherkins, etc., which, on the Continent, are offered to the guest as an introduction to the more important discussion of the dinner itself. In Italy the service of these trifles under the title of *antipasto* has from time out of mind preceded every meal as a standard custom, and it has now become equally common in France.

In connection with this service, fancy butters come in effectively; olives also, whether alone, or minced as a garnish for other things; while neat shapes in discs or squares, cut out of a *galantine* or *pain*, can be used. Ideas can be picked up in the chapter about garnishes, and the suggestions given for savoury toasts will also be found useful. It need scarcely be said that things chosen for *hors d'œuvres* should be little more than savoury mouthfuls with a slight sharpness.

Hors d'œuvres, if served *à l'Italienne*, should be placed in a dish divided into compartments, or upon an oval flat dish—tomatoes, cucumber,

beetroot, and celeriac, most delicately sliced and sprinkled with chopped tarragon, chives, chervil or olives; preserved olives very carefully wiped free from oil, and re-dressed with the finest salad oil: of *galantines* and *pains* small portions should be cut to suit the dish. *Fonds d'artichaut* merely require salt, the squeeze of a lemon, and a pepper of fragrance like Nepaul.

The garnishing of the compartments of the *hors d'œuvres* dish should be tastefully done with sprigs of curled parsley, curled cress, or little bunches of fresh water-cress.

Canapés.

Instead of the elaborate service *à l'Italienne*, a single cold *canapé*, if very carefully composed, may be placed upon each guest's plate as a prelude to the dinner. Of the two, this practice is decidedly preferable at a dinner party, for example:—

Cut slices of stale brown or white bread a quarter of an inch thick. Butter them well with one of the fancy butters given later on in this chapter, and cut out of them very neatly a sufficient number of oblong pieces two inches

long, and one and a half broad, for the party—one for each guest. Upon each of the pieces put cucumber or celeriac cut into strips, with minced olives between the strips and using a silver dessert knife dipped in hot water, smooth the combination over with a little more of the butter. Garnish each *canapé* thus made with a turned olive, a tiny leaf from the golden heart of a lettuce, or a sprig of water-cress. Or sprinkle over each a canopy of grated nuts, granulated hard-boiled yolk of egg, and finish a slight dressing of garden cress.

In like manner you can with a little forethought compose various *canapés*, using the vegetables I have mentioned for *hors d'œuvres*, with green butter, strips of green capsicum, or of cucumber, and garnishing with powdered hard-boiled yolk of egg.

In making *canapés*, for service before dinner, care should be taken to keep them *small*. The dimensions I have given should not be exceeded, and the bread should be stale, *i.e.* :—not spongy. It is a good plan to stamp rounds out of the slices of bread with a two-inch plain cutter, to butter them, and arrange tastefully thereon in

dome shape the composition you have decided upon, covering each with powdered egg.—Another way of presenting *hors d'œuvres sur les plats*, if I may borrow the term, is in little *croûtes creuses* of fried bread or in *croustades*, or small saucers made of light pastry, methods of preparing which were given in Chapter V, page 111.

Fancy Butters.

The objects to be kept in view when composing one of these butters are:—pleasant flavour, a pretty tint, and novelty. To secure the first, it is clear that the butter—the basis upon which you work—must be the best possible: firm, and cold, the other two are matters of taste and discretion.

A small Wedgwood mortar with pestle, and a small hair sieve with the usual board, bat, and little pat prints, are needed in this branch. The colouring is easy enough: you can get a nice green tint from spinach, water-cress, parsley or herbs-greening, yellow from hard-boiled yolks, pink from tomato juice, and red from its *purée* reduced. Never use cochineal or any ready-

made colourings, which, if used at all, should only appear in confectionery. Novelty rests with yourself: you can use capers, parsley, chervil, water-cress, garden-cress, gherkins, and olives; while by the judicious selection of these ingredients, all of which are agreeable in fancy butter, you will avoid sameness.

Capers butter:—1.—Weigh a quarter of a pound of the best fresh butter.

2.—Boil a couple of good handfuls of spinach, or picked water-cress leaves without stalks, for five minutes, drain them on a sieve thoroughly, and gently press out all water from them; then chop and squeeze the leaves through muslin, saving all the greening so obtained in a bowl or soup plate.

3.—Pound with half an ounce of butter two dessert-spoonfuls of capers.

4.— Having these ingredients ready, first colour the butter by working into it, as lightly as you can, by degrees enough of the spinach-greening to secure the tint you require. It is always wise to prepare a little more spinach than you think you may want, to be on the safe side. Let the colour be pale or apple green rather than dark green.

5.—Lastly, add the pounded capers to the butter and, when thoroughly incorporated, set it in the ice box, or over a dish containing crushed ice. As soon as it is firm you can trim and shape the butter as you like.

NOTE.—When parsley is used for greening it must be boiled fast for eight or ten minutes, drained, pressed, and pounded.

Maître d'hôtel butter:—To two ounces of firm fresh butter add the juice of a lemon, a dessert-spoonful of finely minced parsley, a pinch of white pepper, and one of salt. Form it with a butter bat and set it in the ice box.

Ravigote butter is made with that special mixture of herbs mentioned page 97, a handful of which should be blanched for five minutes in boiling water, drained, and passed through a hair sieve, blended with four ounces of butter, set in the refrigerator, and, when firm, trimmed into a neat shape.

Nasturtium butter:—This butter can either be made green, or brightly coloured orange scarlet or reddish yellow. In the first case the fresh seeds are pounded (a tablespoonful to an ounce of butter) sharpened with a teaspoonful of pounded

gherkins, and blended with three ounces of butter tinted green with spinach greening. For colouring, use the flowers, pounding enough of them with the seeds to produce a good colour. The flavour is that of garden cress.

Yellow butter:—Hard-boiled yolks of eggs may be passed through the sieve, and incorporated with a savoury butter: they tint plain butter yellow, and the blend should be flavoured with pounded herbs and sharpened with a few capers. These additions must of course be pounded with butter and passed through the sieve. Proportions:—one yolk to an ounce of butter, a teaspoonful of capers, and a teaspoonful of pounded herbs.

Tomato butter is of course red, to be made with the *conserve*, just adding as much as four ounces of butter—will take up to acquire a nice tint.

Water-cress butter:—Pick, wash, and blanch three ounces of water-cress leaves (weighed after picking); pound in the mortar, blend with four ounces of fresh butter and a teaspoonful of well-pounded gherkins, pass through the sieve, set in a cold place, and form with a butter bat.

Savouries.

Speaking of "the arrangement of a modern dinner" in *Food and Feeding*, Sir Henry Thompson says :—

"The final impression must of course be a savoury one which the palate receives being thus rendered 'clean,' prepared to rest, or perchance to relish the last glass of wine by the delicate savoury morsel which terminates the *menu*." This is the best justification of the existence of a savoury *plat* at the end of a dinner that can be quoted. It must not be called an *hors d'œuvre*. It takes the place of the ordinary cheese service, and saves the time that used to be wasted in handing round a number of things that not one in ten guests partook of.

Cheese, nevertheless, enters largely into the composition of savouries. The pastry out of which cheese straws are formed is specially useful. If this be rolled out a quarter of an inch thick, and stamped out in rounds or in oblong pieces, and then lightly baked, savoury *croûtes* are provided for *purée* of mushrooms, or *d' Uxelles* (see page 140). Rolled thinner as if for wine biscuits, one can be laid upon another, sand-

wichwise, with a savoury paste of *d'Uxelles*, or truffled farce (page 143), or one made with hard-boiled eggs prepared as for *œufs farcis* page 325, between them and baked crisply.

Cheese straws (*pailles au Parmesan*) should be made in these proportions:—a quarter of a pound of puff paste, or the paste given, page 113, a saltspoonful of salt, two ounces of grated Parmesan or Gruyere cheese, and a very little cayenne, Nepaul pepper, or a few drops of *tabasco*. Work the ingredients together, roll the paste out about a quarter of an inch thick, cut it into strips a quarter of an inch wide, and five or six inches long, roll them round, lay them on a baking sheet, bake, and serve as hot as possible on a napkin.

This paste rolled thin may be stamped in rounds three inches in diameter, upon which a dessertspoonful of mushroom or *d'Uxelles purée* may be laid. The paste having been folded over this and pinched all round, the *rissolettes* thus formed may be fried quickly in oil.

The cheese mixtures already given for toasts (*a*), (*b*), and (*c*), or for mock crab, may be used for *rissolettes* in the same way.

Petits bouts à l'Indienne:—Semi-dry curry of minced vegetables served very hot in little round or oval pastry saucers (*tartelettes*) two and a half inches in diameter if round, three inches long if oval, which have been baked in patty pans (page 112).

Mushrooms should be grilled, seasoned with pepper and salt, and laid upon devilled biscuits or crisply fried *croûtes*.

It will be observed that these relishes are served *hot*, and mark my previous observation in regard to toasts—unless presented really hot they are worthless.

Fancy Savouries.

In this section I propose to say a few words about a different kind of savouries which, served cold, are peculiarly well adapted for luncheon parties, and little supplementary supper dishes.

There is much to be gained in having a proper equipment, for it often happens that novelty and success, in producing savouries of this kind, can be attributed in a great measure to the dainty little moulds, or neat cutters that have been used for them. Fortunately these

things are not expensive. Taking the former first, the cook should have sandwich, *quenelle*, (or shell), plain and fluted *bouchée*, *dariole*, *bateau* (boat-shaped), and cutlet moulds, with patty pans and tartlet moulds—all small. The first named has nothing to do with sandwiches; it is only sandwich shaped, *i.e.*, shallow, oblong, and rectangular. Then china cases, china or silver *coquilles*, or little silver *casseroles* with handles (miniature stewpans), fluted and plain paste cutters in boxes, cutlet cutters, and vegetable cutters, while a forcing bag with three pipes in sizes is continually useful.

The preparations that come in best are:— Fancy butters, *purées* of delicate vegetables, portions of *galantines*, *pains*, and *crèmes*, hard-boiled eggs, cream cheese, olives, Devonshire cream, truffles, and *fonds d'artichaut*. Cheese biscuits, and *croustades* are also in constant demand. Instructions have been given already in respect of the production of gelatinated *purées* of various things, and among the garnishes and forcemeats several recipes will be found that can be worked up in savouries. Neat patterns can be stamped out of sliced *crèmes*, *pains*, and *galantines*,

associated with a fancy butter, masked if desired, and dished cold in the form of *canapés*. The better class of forcemeats, poached in tiny moulds, may be similarly finished, and served cold. Curried farce (page 147), and Cingalese (page 149), are to be recommended as a change occasionally. Ideas can be arrived at also if the sections on eggs, vegetables, and salads are carefully considered. Indeed, many of the nicest savouries may be called *entrées* in miniature, and what nicer *bonne-bouche* could be wished for than a *fond d'artichaut* laid upon a round *canapé* or *croute* spread with watercress butter, and masked with *Hollandaise à la Béarnaise*—served very cold?

Œufs farcis (page 325) belong to this class of savoury and if made with truffles rank quite among the best. The mixture can be dished in *caisses* or *coquilles* if desired.

Crèmes fouettées Livournaise: is another nice one. Whip two ounces of finely grated Parmesan with a gill of cream, and scatter into it a mince made of four Spanish olives: serve in cases.

Raised Pies.

Although not commonly undertaken by the domestic cook of a moderate household the making of raised pies is both simple and inexpensive. Provided with a proper raised pie mould she has only to follow the advice I am about to give to produce satisfactory results.

Raised pie crust:—Put a pound of flour into a bowl, make a hollow in its centre, and break one by one into this three yolks of eggs; mix them with the flour, adding a teaspoonful of salt. Now put eight ounces of butter with a gill of water into a stew-pan, set this upon the fire, and when the butter has melted, work the contents of the pan into the bowl of flour, by degrees, using a large wooden spoon, and adding, if need be, a little water to bring the mixture to the consistence of a smooth and pliant dough. Pat this into a ball and leave it in the larder to get quite cold. It will be enough for an oval mould seven inches long, or a round one six inches in diameter.

Lining the mould:—When required, put the ball of dough on a floured slab and roll it out as evenly as possible, not less than half an inch

thick, for lining the mould. Now butter the mould well with a brush, and lay the paste over it, pressing it down gently into the mould, taking care to make it fit the inside of the mould all round closely, and leaving about half an inch overlapping the rim.

Packing the mould:—Line the hollow thus made with stuffing or farce, (Chapter VI) and pack the mould firmly with the adjuncts chosen; cover the top of it with a layer of the farce spreading butter over the surface; then lay over it the pastry cover separately cut to fit it, pinching its edges to the paste overlapping the rim, which should be brushed with white of egg to fix it. Make a hole in the centre of the top the size of a sixpence and bake the pie in a moderate oven for about an hour, protecting the top, as soon as it takes a nice colour, with buttered paper.

Finishing:—When done take it out of the oven, let it cool for half an hour, and then pour in through the hole in the top a gill of melted jelly· broth page 120, and cover the hole with a paste ornament separately baked. Set it aside in a cold larder, or the refrigerator for four or

five hours. Serve the pie in a dish upon a serviette, or dishpaper.

The principal points to take notice of in making raised pies are these: Be careful in making the paste and roll it out not less than half an inch thick; be equally careful in respect of the farce, upon which much depends; pack closely, pressing down gently the component parts of the pie with the back of a plated spoon; if not, the contents of the pie will sink during the baking leaving an unsightly hollow at the top; season each layer lightly, unless the material has been already seasoned, and dot in promiscuously here and there little squares of good butter to prevent dryness. Never moisten until *after* the baking, and then let the moistening be a strong jellied broth poured through the top of the pie. Let the pie remain in the mould until very cold, release it then carefully, brush it over with a light coating of glaze, and set it on a dish as already described.

Selection can be made from the following materials which either singly, or in combination of two or three, will be found nice in a raised pie:—

Cooked mushrooms, artichoke bottoms, chest-

nuts, all root vegetables cut into dice, and hard boiled eggs sliced or in quarters ; truffles can be added to improve matters, pistacio nuts, pine kernels and little discs of celeriac may be used advantageously.

TERRINES.

All the trouble of pastry-making can be avoided, and an excellent series of raised pies obtained, by using the French glazed fire-proof *terrines* or covered pie-dishes, to which reference was made in speaking of "French terms in cookery," page 30. These are now procurable in London without difficulty in various sizes, oval or round in shape, in pie-crust colour, or brown. The method of using them presents no difficulty whatever. By reference to the recipe just discussed, and the exercise of a little consideration, success may be looked upon as certain. The chief things to be sure of are : (1) the moistening broth, which *must* be good—a carefully made jellied broth as given page 120 strengthened by reduction ; (2) a good farce page 143 or 144 ; and (3) a good seasoning mixture, for which see page 135. Then let

there be patience and judgment in packing, attention paid to proportions in the allotment of the pieces of butter and a judicious selection of adjuncts to heighten the flavour, such as olives, nuts, mushrooms, and, of course on special occasions, truffles. *Terrines* can be made of cooked or uncooked materials, but with the exception of the farce, I think it is better to use things that have been cooked.

The process after packing is as follows :—

Lay a band of joining paste round the rim of the *terrine*, wet it, fix the cover thereto, and put the dish in a baking tin with an inch or so of water round it, and bake slowly in a moderate oven for an hour. Then take it out, let it rest a quarter of an hour, remove the cover, and pour into the *terrine* from one to two gills of the jellied broth, cover again and put the dish into the ice-box where it should remain four or five hours. When required, take off the cover and decorate the top with broken aspic jelly,—that produced by the jellied broth when cold the best,—and hard boiled eggs in quarters.

Notes on Curries.

Commencing at the bottom of page 147 I gave a short *resumé* on the subject of curry making in respect of a "curried farce." The instruction there recorded can be taken as correct for any ordinary Madras Curry the only thing unnecessary being the stewing of the vegetables to the consistence of jam, and the passing of them through the sieve. Operations should cease as soon as the vegetables—already cooked—have simmered very gently, so as to acquire the desired flavour, for half an hour. It is a good plan to let the vegetables *marinade* in the curry sauce off the fire for some time before a gentle warming up, and simmering for the time mentioned.

It will be observed that I do not adopt the purely English practice of using chopped apples, preferring the proper sub-acid obtained from tamarind.

The proportion of curry powder and paste may prove a little too hot for some tastes, an error that can be corrected easily by reducing the allowance of powder.

The vegetables which can be put into curries are :—

Potatoes : very little new ones whole, or larger ones cut into neat half inch squares.
Chestnuts : in halves or quarters according to size.
Beans : Broad, young, skinned.
„ Haricots dried.
„ Butter do.
Lentils : Dried.
Peas : Split.
Artichoke bottoms : in halves or quarters.
„ Jerusalem : not overcooked in ½ inch squares.
„ Japanese : „ „ whole or in halves.
All root vegetables : „ „ in ½ inch squares.
Button onions : „ „ whole.
Aubergines : „ „ in inch fillets.
Cucumbers : „ „ ditto.
Veg. Marrows : „ „ ditto.
Pumpkins : „ „ ditto.
Mushrooms : „ „ buttons or squares.

The Natives of Southern India often put shredded greens into their curries especially sorrel ; spinach may be used in this manner.

A dry curry is obtained by a gentle process of absorption. That is to say, an ordinary curry can be converted into a dry one by being carefully stirred over a low fire until the

moisture evaporates, and the curry preparation, onions, &c., gradually assume a powdery condition. The operation is simply an exercise of patience, for if hurried by a brisk fire burning is unavoidable.

The recipe for "Ceylon curried farce," page 149, is virtually one for Ceylon or Malay curry, the only alteration necessary being the substitution of the cooked vegetables (cut up as for Madras curry) for the purée and eggs required for the farce. The vegetables having been blended with the sauce, a gentle simmering for twenty minutes will complete the curry, which may be described as a nutty infusion, slightly flavoured with green ginger and condiments, to which a selection of the more delicate vegetables should be added:—Fillets of cucumber, veg: marrow, and aubergines; *chou-fleur en bouquets* (see page 128), &c., &c. Green peas may be scattered into one of these curries to finish with, or pine kernels, while a spoonful of cream is a manifest improvement to them.

NOTES ON THE DAILY MENUS

These menus are submitted merely as frameworks, to be added to by other selections from the book according to the discretion of the reader.

The nutritive value of each little meal has received careful attention.

I have saved space by omitting sweet dishes, for in that branch of cookery the whole category is at the disposal of the vegetarian without restriction. Butter can be substituted, of course, for suet in respect of puddings, and vegetable gelatine (given page 119) for that commonly sold which is extracted from animal substances.

The quantities are calculated for about four people, and each *menu* is composed of a soup, a *relevé*, an *entremets*, and a savoury.

It will be found that milk is continually included in the recipes. With refereuce to this, attention is called to my remarks concerning milk as stock, (page 48.) Cold, uncooked milk ought not to be used.

Glossary of Abbreviations.

Veg. - - -	vegetable or vegetables.
h. b. eggs - -	hard boiled eggs.
T. S. - - -	tablespoonful.
D.S. - - -	dessertspoonful.
t. s. - - -	teaspoonful.
s.s. - - -	saltspoonful.
pass - - -	put through the sieve.
cuisson - - -	water or broth in which a thing is cooked.
qt. - - -	quart.
pt. - - - -	pint.
g. - - - -	gill = ⅛th of a quart.
s.g. - - -	sherry glass.
c.g. - - -	claret glass.

Figures within brackets indicate the page to be referred to in respect of the method preceding them.

DAILY MENUS

I.

Early Autumn.

Luncheon.

1. Potage Réunion.
2. Côtelettes à la Portugaise.
3. Macédoine à la Milanaise.
4. Macaroni à la Lyonnaise.

1 *Réunion Soup*:—Purée of cucumber (Menu IX.) with which *hard boiled* yolks, pounded with butter into a paste, are blended: when mixed, finish with a few leaves of water cress. A seasoning of finely powdered rosemary with the salt and pepper is correct: 2 yolks to a pint enough.

2 *Portuguese cutlets*:—These are cutlet-shaped croquettes (page 166) of haricots mixed with *soubise* page (76) well seasoned, serve with *tomato* sauce sharpened with chopped *gherkins*.

3 *Mixed vegetables in Milanaise*:—A mixed assortment of cooked vegetables neatly cut, with peas and diamonds of French beans to give green to it, served in *Milanaise* sauce (80) with fried croûtes for garnish.

4 *Macaroni Lyonnaise*:—Page (341.)

Dinner.

1. Crème de chicorée.
2. Boudins à la Thérèse.
3. Artichauts à la fermière.
4. Œufs à la Suisse.

1 *Endive purée*:—Put three ounces of butter into a stewpan, melt, and add six ounces of finely minced onion: fry till the

onion begins to turn yellow, then put in the golden heart leaves of two endives very finely shredded; fry five minutes stirring all the time and then moisten with hot boiled milk sufficient to float the vegetables in the pan; boil and simmer twenty minutes; then complete the moistening with clear broth (one quart in all): as this comes to the boil stir in an ounce of flour, moistened with milk, through a pointed strainer, and when thickened, pass all through the sieve:—Warm again, finish with a spoonful of cream, and serve with *croûtons*, and grated cheese.

2 *Boudins Thérèse*:—These (169) may be made with either lentils or haricots farce (142) well seasoned and assisted with d'Uxelles (140), Thérèse sauce to accompany:—Take three gills of well flavoured bean broth. Put half an ounce of cornflour into a cup, squeeze into it half a lemon, and mix smoothly with a little of the broth: when this is ready put the broth on to boil and when it steams stir in the cornflour mixture, bring to the boil and stir well, adding a tablespoonful Harvey, one of marsala, ½ one of vinegar, tint with (Parisian essence) caramel, and garnish with a dessertspoonful each of chopped olives and gherkins.

3 *Artichokes with mushrooms*:—See (240).

4 *Swiss Eggs*:—See (317).

II.

(Any Season).

Luncheon.

1. Potage à l'Indienne, lié.
2. Fricassée à la Bonnefoy.
3. Œufs à la Livournaise.
4. Rissolettes au fromage.

1 *Thick Mulligatunny*:—An excellent soup of this kind can be made upon a foundation of milk and broth. A pint each of these being available proceed as follows;—Melt two

ounces of butter in a stewpan, add eight ounces of minced onion, fry over a low fire till pale brown, then stir in a tablespoonful of rice-flour, and a dessertspoonful each of curry powder and paste; continue frying for not less than seven minutes, then begin to moisten with the broth, putting in a tablespoonful of desiccated cocoanut and one of ground sweet almonds, a dessertspoonful of grated green ginger, a teaspoonful of red currant jelly, and the juice of half a lemon. Bring to the boil, simmer for twenty minutes, and then pass the soup through a hair sieve: finish with the yolk of an egg, and serve, boiled rice accompanying. If provided with mulligatunny paste, use a tablespoonful well filled instead of curry paste and powder, and if only curry powder be in stock use a tablespoonful of it.

2 *Fricassée of vegetables*: — Equal quantities of cooked ribbon macaroni (*Lasagne*) cut into inch squares, dice of cooked mushrooms, square inch fillets of veg: marrow (not overdone) and cooked button onions, heated gently up in a pine kernel sauce (187); when nearly ready stir in chopped chervis and parsley:—1 D.S. of the former to a T.S. of the latter, per pint. Serve within a border of mashed potato.

3 *Eggs Livournaise.* — In two ounces of butter fry two ounces of shallot, finely minced, with the mushroom trimmings of No. 2, and four ounces of tomato; dust over with powdered basil, salt, and pepper: stir in an ounce of flour, moisten with three gills of bean broth, tint with (Parisian essence), give finally a sherry glass of claret, and pass all through the sieve:—set poached eggs in *croûtes creuses*, (111) in a *légumière*, mask them with the sauce, and serve.

4 *Rissolettes with cheese*:—(388).

Dinner.

1. Potage à la Bretonne. 3. Choux-fleurs gratinés.
2. Risotto à la Milanaise. 4. Omelette fourrée aux champignons.

1 *Bretonne soup*:—This is haricot bean purée soup with

browned onions, and a gill of sauce soubise (76) per pint, passed through a sieve smoothly, and served with *croûtons.*

2 *Milanaise rice* :—See page 354 (Sir Henry Thompson's recipe). I prefer *blanching* the rice in boiling water for seven or eight minutes to begin with; then to strain, and add the broth to the butter and onions *first*, and when boiling to stir in the partly cooked rice: now to simmer, stopping as soon as the grains are soft, and finish with the saffron (or turmeric) cheese, nutmeg, and seasoning. I would never use a wooden *spoon*, for it causes the rice to get jammy. Use a two pronged fork.

3 *Cauliflower sprigs au gratin* :—The *sprigs* of cauliflower are first cooked then arranged in a *légumière*, masked with *poulette* sauce, (71) and set in the oven, or under a gas griller until lightly browned.

4 *Omelette filled with mushrooms* :—See the description (309). The mushrooms cut into dice should be cooked in a *sauté*-pan in butter, and then moistened with just sufficient plain *Espagnole* sauce (82) to dilute them slightly.

III.

(Autumn.)

Luncheon.

1 Potage crème d'orge verte.
2 Croquettes à la Malaise.
3 Chou-fleur à la crème.
4 Omelette au Parmesan.

1 *Pearl-barley soup* :—Put five ounces pearl-barley into three pts of water with half ounce butter and half ounce salt; boil up, and simmer till the barley is quite soft, then drain, and put it into a stewpan with a quart of clear bean broth (41), mixing in sufficient spinach greening to turn the soup a pale green; warm up, add 1 T.S. cream and serve with *croûtons* and grated cheese.

2 *Malay croquettes*:—Haricot croquettes page 161, well flavoured, served with a sauce made like Ceylon curry sauce, but slightly browned with Parisian essence to a *fawn* colour: add for each pint 1 T.S. minced capers. Mashed potato to accompany, or "chips."

3 *Cauliflower with cream*:—Cook the sprigs of cauliflower, (*bouquets*) page 225 after blanching them 5 min., in milk: when done arrange the sprigs in a dome shape in a légumière: turn the *cuisson* to a white sauce with a *roux*, and finish with a yolk beaten with a D.S. cream: mask the sprigs with this, and serve with pastry *fleurons* as garnish, page 113.

4 *Cheese Omelette*:—Page 308.

DINNER.

1 Consommé au céleri rave
2 Timbale aux noix
3 Œufs brouillés aux tomates
4 Beignets soufflés.

1 *Clear soup with celeriac*:—Boil a root of celeriac till tender, then cut it into neat dice, and with them garnish the vegetable *consommé* made as described page 44.

2 *Nut timbale*:—Spaghetti or macaroni *timbale* (page 177), filled with a nutty *boudin* mixture page 169, (pignolia, walnut, etc.) very delicately seasoned. A nutty creamy sauce (page 87) to accompany, and mashed potatoes.

3 *Scrambled eggs with tomatoes*:—Line a *légumière* with nicely-fried *croûtes*, arranging them so that they touch each other, and form a bed: on this spread a layer of tomato *purée*, thickened to prevent its spreading all over the dish; smooth with a *palette* knife, and mask with buttered eggs with which a T.S. cream should be mixed just at the finish. Dust over with grated cheese, and serve.

4 *Batter ball fritters*:—See page 158 for these, choosing the savoury form to suit the menu.

IV.

Early Autumn.

Luncheon.

1 Potage à la Cingalèse.
2 Macaroni fourré aux œufs.
3 Petits oignons à la Florentine.
4 Champignons sur croûtes.

1 *Ceylon soup*:—I have found that a good soup can be made exactly on the same lines as given page 149, especially in respect of the nutty extract and cinnamon, but putting in a teaspoonful of *curry powder* instead of the turmeric. Serve with dice of cooked cucumber in the soup, rice accompanying.

2 *Macaroni packed with eggs*:—Dish lined with cooked macaroni as given page 343, the hollow filled with h.b. eggs cut in halves lengthwise, moistened with "sauce Robert" page 85, made on a bean broth foundation, finely grated cooked haricots scattered over all to finish with.

3 *Little onions with cheese*:—Pickling onions, cooked very slowly to prevent bursting, in milk and water; the *cuisson* turned to *milanaise* sauce with grated cheese. Dish the onions in a hot *légumière*, mask with the sauce, and scatter minced chervil over all.

4 *Mushrooms on toast*:—Either *sautés*, or *grillés* (pages 272, 273), served on fried croûtes.

Dinner.

1 Potage Borsch.
2 Khichri de lentilles au riz tomaté.
3 Pommes de terre maître d'hôtel.
4 Croûtes à la ramequin.

1 *Beet root soup*:—Put four ounces of butter into a stewpan, melt it, and add, (all minced) six ounces of onions, two of leeks, and one of celery; fry over a low fire till beginning to turn yellow, then add half a small red cabbage (say) eight ounces finely shredded, continue frying, and put in eight ounces of

finely sliced beetroot, fry a little longer, and then moisten with a quart of good clear broth, boil up and simmer until all the vegetables are done, then strain. Now slice two ounces of beetroot separately as finely as possible, adding a small teaspoonful of vinegar, and put this into the soup with a gill of cream at the last.

2 *Lentil Kedgeree*: Choose red lentils for this, and blend them with rice tinted with the juice and pulp prepared from a few fine coloured ripe tomatoes. If you can arrange a ring of browned button onions all round so much the better, but see page 355 about this dish.

3 *Potatoes with maître d'hôtel sauce*:—Choose potatoes much the same size, cook, and when cold slice them carefully about a quarter of an inch thick, or a little less. Scald in boiling water a handful of parsley ten minutes, drain, and pound it with an ounce of butter in a small mortar; stir this greening into ⅔rds. of a pint of nice *sauce blanche*, give it the squeeze of a lemon, and finish off the fire with the yolk of an egg and half an ounce of butter. With this mask the slices of potato which should be laid in a hot *légumière* to receive it.

4 *Ramequin toast*:—For this turn to page 373.

V.

Summer.

Luncheon.

1 Crème de concombres.
2 Croquettes à la Cingalèse.
3 Petits pois au beurre.
4 Spaghetti à l'Italienne.

1 *Cucumber soup*—Purée of cucumbers:—Commence with six ozs. of minced onion, fry in two ounces of butter till golden, then add a whole cucumber very finely sliced skin and all; continue gentle frying and stirring, and when

softened moisten with boiled milk or vegetable broth, page 41, blended with milk (pint of each) and finish as described for turnip purée page 50.

2 *Ceylon croquettes*:—See page 161 for the croquette composition, and 149 for Cingalese sauce.

3 *Peas with butter*:—When the peas are boiled put them into a sauté-pan with sufficient butter to lubricate them well, turn them about with a fork, over a low fire, dusting with salt pepper and finely sifted sugar; serve very hot.

4 *Spaghetti* (*Italian*):—For this see page 338, substituting spaghetti for macaroni.

Dinner.

1 Purée Saint Marceau.
2 Haricots à la mode de Caen.
3 Poogathú.
4 Gougère au fromage.

1 *St Marceau soup*:—Purée of green peas, (Menu VIII) garnished with cooked and shredded lettuce (see page 52) and fine julienne strips of cookcd leeks: *Croûtons* to accompany.

2 *Haricots Caen way*:—Fry eight ounces of finely minced onion in 3 ozs. of butter very gently: when soft season with salt and pepper, stir in a tablespoonful of flour, moisten with half pint of milk, and T.S. cream; let this simmer, adding sufficient cooked haricots to take up the moistening, serve covered with granulated hard boiled egg; garnish with *croûtes*.

3 *Cabbage à l'Indienne*:—Blanch for ten minutes, drain and dry a 1 lb. cabbage; shred it finely, put it into a stew-pan in which four ounces of finely minced onion have been lightly fried; moisten level with its surface with *cocoanut milk* (made as for curry) (page 148) add two ounces of butter, and simmer very gently, till thc cabbage is quite done, add two green chillies in strips, season with salt, pepper, and a little mace or nutmeg, and serve within a border of *riz à l' Indienne* page 352.

Cheese Gougère:—Page 363.

VI.

(WINTER).

LUNCHEON.

1 Purée de lentilles tomatée. 3 Pommes de terre sautées.
2 Kari de stachys Japonaise. 4 Crêpes légères aux champignons

1 *Lentil soup with tomatoes*:—Make a smooth lentil *purée* with a good foundation of fried onions and herbs seasoning (a) 135, salt and pepper; and for each pint allow half a pint of tomato *purée*, producing a reddish brown soup in which the flavour of the tomato is perceptible.

2 *Malay curry of omelette and Japanese artichokes*:—Follow the directions for Ceylon curry, (149) as far as the cooking of the curry is concerned. The Japanese artichokes should be cooked in the manner described (266) and allowed to get cold. The *omelette*, also cooked and cold, should be cut into neat inch squares. Then when the curry sauce is ready the two ingredients should be put into it, and finally heated up in it gradually. Serve with rice separately.

3 *Sautéd potatoes*:—Directions for these will be found page 195. Remember that to get the right thing the process must be *slow:* the potatoes cut into dice, not slices as in *pommes de terre frites*, are worked about with a two pronged fork over a low fire in enough butter to moisten them well, and prevent burning. Thus the potatoes absorb the butter gradually and are not at all greasy, of a golden colour, with powdery particles scattered among the pieces. Sprinkle with white pepper and salt. Serve as hot as possible.

4 *Light pancakes with mushrooms*:—For the pancake see (164); prepare the mushrooms in dice, cook them in a sautépan in butter, and introduce portions of them into each pancake, folding the latter neatly over so as to enclose the garnish. Serve as hot as possible in a *légumière*.

Dinner.

1 Potage Livournaise.
2 Boudins à la Rouennaise
3 Œufs durs à la Palestine.
4 Soufflé au Parmesan.

1 *Leghorn soup*:—A thin tomato soup with vermicelli, grated cheese accompanying.

2 *Rouen boudins*:—Compose the boudin mixture with sage and onion stuffing (137) blending haricot bean powder with the bread crumbs and adding a little minced mushroom and hard boiled egg. Serve with this sauce:—Slice a pound of apples and put them into a stewpan with two ounces of butter, one ounce sugar, and salt: fry till softened to a pulp, add two tablespoonfuls of finely grated horseradish with one of cream and whisk together till blended. It should be *sharp* so no more sugar should be put in than enough to modify the acidity.

3 *Hard boiled eggs with Jerusalem artichokes*:—See (327).

4 *Cheese Soufflé*:—See (359).

VII.

(Any Season).

Luncheon.

1 Crème de courgettes au riz.
2 Fricassée à l'Irelandaise.
3 Œufs à la Morny.
4 Croûtes à la crabe.

1 *Veg. marrow soup with rice*:—Boil an 8oz. onion separately. Trim a medium sized veg. marrow in fillets, and cook in the onion water with a pat of butter till tender: save a dozen nice pieces for garnish: cook the rest a little longer till they pulp. Then 'pass' with their *cuisson* and the boiled onion into a bowl, dilute this with boiled milk till you have a quart:

season nicely, put on the fire in a stewpan, and thicken with *crème de riz* (62). Serve with 4 T.S. cooked rice, and the garnish cut into little squares, *croûtons* and grated cheese accompanying.

2 *Irish stew of vegetables* :—White haricots served in a *purée* composed half of onion and half of potato well buttered, seasoned with black pepper and salt, sprinkled over with minced parsley. The onion should be cooked with the beans in the first instance. Serve within a border of mashed potato.

3 *Eggs Morny* :—Poached or h. b. eggs set on *croûtes* or in a *légumière*, masked with sauce Milanaise (80) reduced rather thickly, then put under the grill of a gas stove, or into the oven till the surface takes a light colour, and serve at once.

4 *Mock crab toast* :—see (372).

Dinner.

1 Potage à la julienne passée.
2 Spaghetti fourré à la Bordelaise.
3 Céleris à la crème.
4 Omelette aux tomates.

1 *Julienne purée* :—In a pint and a half of bean broth cook two onnces of preserved *Julienne* (280) until the latter is *quite* soft, then 'pass.' In a separate stew pan mix a *roux* with an ounce each of butter and flour, then mix in the Julienne pureé, bring to the boil, and serve with *croûtons*. A tablespoonful of cream improves this. Note :—If after coming to the boil the soup be a little too thick, dilute with more bean broth.

2 *Ragoût of vegetables with spaghetti* :—In this case the dish, lined with cooked spaghetti, is filled with a ragoût composed of cooked chestnuts, mushrooms, and button onions, mixed with *Bordelaise sauce, i.e.*, brown sauce to a pint of which a gill of claret and one of tomato *purée* should be added (86).

3 *Celery with cream* :—Celery stewed in milk arranged in a *légumière* masked with creamy *sauce blanche*, and served with puff pastry *fleurons*. The sauce should be made with the *cuisson* of the celery, and finished with 2 T.S. cream.

4 *Tomato omelette* :—See (304).

VIII.

(SUMMER).

LUNCHEON.

1 Purée de pois verts au riz.
2 Haricots aux pommes de terre soubisés.
3 Champignons gratinés.
4 Fonds d'artichaut Béarnaise.

1 *Green peas purée*:—This is garnished with a scattering of rice, the soup itself being made as follows:—Choose young peas—it is a mistake to employ old ones for this soup—and, having shelled enough of them to fill a pint measure to the brim, slice up the pods, wash well and put them into a stewpan with one handful of lettuce leaves shredded, six ounces of onion, 1 oz sugar, and a good bunch of parsley, with seasoning. Cover with cold water, boil up slowly, and then simmer until the pods are soft. Drain off the *cuisson*, pick out the bouquet and parsley, and press as much as you can of the rest through a hair sieve, saving the pulp. Now put the shelled peas into another stewpan, pour the *cuisson* over them, boil, and when the peas are soft drain them, pass them also through the sieve, and add the *purée* thus obtained to that got from the pods. Next proceed to blend the *purée* and *cuisson* for which a small quantity of *liaison* is necessary—otherwise the pulp might sink to the bottom of each basin, the thin broth remaining on the surface. This can be done with a *roux* made in a stewpan over a low fire with an ounce of butter and an ounce of flour, the *purée* and *cuisson* being added and worked into it by degrees till both are expended. The *purée* now completed, may be finished in either of the ways mentioned for *crème de topinambours* (52).

A good colour is secured by boiling a handful of fresh spinach-leaves with the peas and passing them with the latter through the sieve. *Liaison* is sometimes effected with rice or tapioca, while cornflour or ground rice will also effect the object (58).

2 *Ragoût of haricots with soubise*:—A white ragoût of haricots, and potatoes cut into small discs, moistened with soubise sauce (76) a very slight sprinkling of grated horseradish over the surface, sippets of fried bread for garnish.

3 *Baked Mushrooms*:—For this see page 272.

4 *Artichoke bottoms Béarnaise*:—See (391).

DINNER.

1 Potage à la Nivernaise
2 Spaghetti fourré à la Contadina
3 Pommes de terre à la poulette.
4 Aubergines gratinées.

1 *Clear soup with carrots*:—With a small round scoop cut out of young carrots a number of little balls; chop up all the trimmings, and put them into a stewpan with four ounces of minced onion and two ounces of butter; fry till turning colour, then moisten with bean broth, boil, simmer, skim, strain, clarify, and serve garnished with the balls cooked separately in butter.

2 *Spaghetti à la Contadina*:—Spaghetti served in a *légumière* with a *ragoût* in its centre of split peas moistened with thick tomato sauce, and sprinkled well with grated cheese.

3 *Potatoes à la poulette*:—Cold cooked potatoes, cut into neat slices twice the thickness of a penny and heated gently in poulette sauce (71) which should be made with milk, and with the mushrooms: garnish with finely chopped chervil or chives, and sharpen with a few drops of tarragon vinegar. Avoid boiling when heating the potatoes in the sauce.

4 *Baked aubergines*:—See (268).

IX.

(SUMMER).

LUNCHEON.

1 Crème de concombres verte.
2 Timbale à la Nicoise.
3 Œufs à la mode de Caen.
4 Ramequins en caisses.

1 *Green cucumber purée* :— Commence by frying 4 oz. onion finely minced in 2 oz. of butter, shred the cucumber, skin and all, finely also, and add it to the frying onions; stir over a moderate fire till turning yellow, then dredge into it an ounce of flour; and, when well mixed, moisten by degrees with a quart of hot milk and broth or water in half proportions; bring to the boil, skim, and simmer till quite soft, and pass. Having saved enough cucumber to cut into 2 dozen half-inch dice, cook these while the soup is simmering, separately, for garnish, and stir in finally with them a *greening* made of a handful each of *chervil* and watercress leaves scalded 3 min., and pounded in the mortar with ½ oz. butter; also a yolk beaten up in a gill of the soup. Serve with *croûtons*.

2 *Nut timbale* :—Page 177 for the timbale: Page 144 for the farce: For the sauce—Put 3 gills of *clear* bean broth (*i.e.*, without sediment) into a stewpan, set this on the fire and, while heating, mix in a cup, separately, ½ oz. cornflour, the juice of a lemon and enough broth to make a smooth batter; when the broth in the pan nearly boils pass in the cornflour thickening. Then boil up and finish with a T.S. each of tomato conserve and vlnegar, and garnish with four finely minced olives.

3 *Hard-boiled eggs Caen way* :—These are neatly arranged in a *légumière* either whole or in halves lengthwise; masked with soubise sauce, and garnished with little *fleurons* of puff pastry (113).

4 *Ramequins in cases* :—Page 362.

DINNER.

1 Consommé au sagou.
2 Fricassée à l'Orientale.
3 Duchesses de pommes de terre.
4 Croûtes aux épinards soubisés.

1 *Clear soup with sago*:—Page 44 for the soup:—Allow two and a half tablespoonfuls of Groult's prepared sago to a quart: boil up and simmer in the consommé 25 min.

2 *Oriental fricassée*:—A fricassée of ½-inch squares of globe artichoke bottoms, little *fleurons* of cauliflower (225) and button mushrooms, not coloured, (274) in a cashu-nut sauce, arranged within a border of rice lightly-tinted yellow with turmeric (352).

3 *Potato Duchesses*:—Page 192. With these a very little minced green stem of onion or chives is an improvement. Serve with finely grated cheese scattered over them, and a garnish of fried parsley.

4 *Spinach Toast*:—Pages 377 and 229.

X.

(EARLY WINTER).

LUNCHEON.

1 Potage monastère.
2 Marrons au macédoine.
3 Œufs au sauce verte.
4 Boucheés au Parmesan.

1 *Monastery soup*:—Commencing with six ozs. of minced onion and four ozs. of butter, fry, adding four ounces each of all stock veg., finely minced — carrots, turnips, leeks, an ounce of celery and one of parsley: stir well, moistening by degrees, when the vegetables are turning yellow, with hot bean broth; boil up and simmer till the veg. are soft enough to pass; then pass, heat up, thickening with T.S. cornflour, and serve garnished with two T.S. of shredded cooked cabbage, season well and serve with *croûtons*.

2 *Chestnuts with macédoine*:—Cut a *macédoine* of 4 ounces each of fresh carrots, turnips, parsnips, leeks and celeriac; cook the vegetables in clear broth. When nicely done strain off the broth and put the *macédoine* aside. Next cook two dozen chestnuts and two dozen button onions in the strained broth, and when done strain again and thicken the *cuisson*, putting into it a gill of boiled milk to keep it white; make a narrow border of mashed potato, in the centre arrange a dome of chestnuts and onions, put the *macédoine* between it and the border, lastly adding a T.S. cream to the thickened *cuisson*, use it as a sauce to mask the whole.

3 *Eggs with green sauce*:—Hard boiled or poached eggs will do for this: arrange them upon *croûtes* spread with capers butter (384), and mask with sauce verte (68).

4 *Parmesan patties*:—Page 363.

Dinner.

1 Lait de pignons aux haricots verts.
2 Dhal Khichri au riz tomaté.
3 Topinambours gratinés.
4 Coquilles de stachys.

1 *Pine kernel soup with French beans*:—Using pine kernels like almonds for *lait d'amandes*, commence, of course, with frying 4 oz. finely minced onion with 4 oz. pignolias, also minced, till slightly colouring, then moisten with milk, by degrees, making a creamy *purée*, pass, and garnish it with little green dice of French beans (tinned French) and serve with *croûtons*; a T.S. cream is a great improvement. Enough nuts for three pints of soup in this recipe.

2 *Dhâl Kedgeree, tomato rice*:—See (356), with rice coloured pink with tomato *purée* (352) with butter, seasoning, and a garnish of granulated hard boiled eggs. The dish can be completed effectively with glazed button onions arranged in a ring round the *khichri*.

3 *J. artichokes baked*:—The artichokes should be part cooked, then cooled, and laid on a buttered baking sheet, basted with

melted butter, powdered over with grated cheese and kept in the oven until quite done: then lifted with a slice and arranged in a hot *légumière*, again dusted with grated cheese and served, garnished with cheese biscuits.

4 *Japanese stachys in scallops*:—This nutty tuber—misnamed an artichoke—is spoken of (266). Cook the little tubers as there explained, and serve them in scallop shells with a creamy *sauce poulette* (71), to moisten them.

XI.

(Summer).

Luncheon.

1 Hochepot à l'Ecossaise.
2 Omelette en kari, Madras.
3 Bordure à la jardinière.
4 Œufs farcis à la tartare.

1 *Scotch hotchpotch*:—Shred half a cabbage lettuce (the outer leaves will do) and put this into a stewpan with three ounces of butter and four ounces of minced onion; fry for five minutes stirring well, and then add four ounces each of minced carrots, turnips and leeks, an ounce of parsley, cut coarsely, and an ounce of minced celery; fry for five minutes longer, stirring as before; then moisten with hot bean broth (3 pints) by degrees, bring to the boil and simmer till the vegetables are done; now stir in a gill of cooked pearl barley, *hot*, and, when well mixed, a gill of warm milk with a yolk of egg, scatter in a T.S. minced chervil and serve with *croûtons*. Observe that this soup is not passed.

2 *Madras omelette curry*:—See (397) and (147). The *omelette* (301) should be kept a little longer over the fire to obtain a firmer consistency: when cold, this should be cut into ¾-inch squares, and put into the curry mixture, kept at gentle heat until required when slight additional heat should be given.

3 *Border with vegetables* :—A nice *macédoine* of vegetables :—Root veg. in little dice, haricots, verts or runners in diamonds, (peas, if possible), moistened with soubise, milanaise, hollandaise, béarnaise, soubise tomatée, or caper sauce, served within a border mould of mushroom farce (143).

4 *Stuffed eggs* :—Page (323). Serve cold, with broken aspic, and *sauce mayonnaise à la tartare* (97), garnished with salading neatly trimmed

Dinner.

1 Consommé au tapioca.
2 Côtelettes à la Provençale.
3 Petits pois au laitue.
4 Fonds d'artichaut, Rossini.

1 *Clear soup with tapioca* :—Page (44), garnished with tapioca (Groult's), 2 T.S. per quart, simmered in the consommé 25 min; garnish also with a few leaves of tarragon.

2 *Cutlets with Provençale sauce* :—For the cutlets see (166). For the sauce (87). Serve with French beans and new potatoes.

3 *Peas with lettuce* :—See (207).

4 *Fonds d'artichaut, Rossini* :—(240).

XII.

(Summer or Autumn).

Luncheon.

1 Potage Piémontaise.
2 Pâté chaud, chasseur.
3 Laitues, milanaise.
4 Fonds d'artichaut sur croûtes.

1 *Piedmont soup* :—Soak 2 oz bread crumb in pint of milk; stir over a low fire till smooth, and add half a pint tomato *purée*, 2 oz. grated cooked lentils, and 4 oz. cooked onion, and

a seasoning of pepper, salt, and rosemary: moisten half milk half broth using about a pint of each, simmer 10 to 15 min. and serve with croûtons.

2 *Sportsman's Pie*:—Fill a pie dish with haricots à la Bretonne (213) (with brown onion purée) grated pine kernels, dice of mushrooms, h.b. eggs sliced, and a good seasoning of herbs mixture (a) (135), salt and pepper—a moistening of 1 g: of bean broth with which a D.S. marsala, D.S. Harvey, and t.s. red currant jelly have been blended to finish with. Cover with pie-crust and bake in a moderate oven.

3 *Lettuces braised with cheese*:—Blanch 4 good cos-lettuces in boiling salted water 10 min; drain, express all moisture: shred the lettuces and put them into a stewpan containing two ounces melted butter, and 4 oz. finely minced onion, fry, stirring with a fork 5 min, then moisten with hot milk and water enough to cover. Stew till tender, drain, lay the lettuce in a hot *légumière*, arrange 4 poached eggs on its surface, turn what remains of the *cuisson* with a little extra milk to Milanaise sauce (80), mask the dish with it, and serve garnished with pastry *fleurons*.

4 *Artichoke toast*:—see (375). Mash with a plated fork four cold cooked artichoke bottoms, add the scrapings of the leaves—(carried out with a plated spoon), using an ounce of butter to mix, with a slight seasoning of salt and white pepper: warm in a small saucepan, and spread over the surfaces of four *croûtes* masking with *poulette* sauce (75) and serving in a hot *légumière*.

Dinner.

1 Consommé aux œufs pochés.
2 Darioles de légumes à la Robert.
3 Œufs durs au crème de courgettes.
4 Omelette soufflée au fromage.

1 *Clear-soup with poached eggs*:—The *consommé* (44) flavoured with a few leaves of tarragon, and served with a poached egg in each basin—the egg trimmed neatly as regards the white.

2 *Moulded vegetables, sauce Robert* :—The vegetables used for the *consommé* drained, passed, and turned into *boudins* (169) with eggs, seasoning, and minced shallot ; gently poached in dariole moulds, and served with sauce Robert (85) peas and maître d'hôtel (197) potatoes accompanying.

3 *Eggs with marrow cream* :—II.B. eggs cut lengthwise (or poached eggs on croûtes) laid in a hot *légumière*, masked with a creamy purée of veg : marrow, with which a yolk has been blended, and served with finely minced capers scattered over all ; cheese biscuits accompanying.

4 *Omelette soufflée with cheese* :—See (364).

XIII.

(Late Spring or early Summer).

Luncheon.

1 Lait d'amandes.
2 Pain de pois secs, villageoise.
3 Œufs brouillés printanière.
4 Asperges au beurre.

1 *Almond milk soup* :—A pint of white haricot broth clear of sediment, and a pint of milk will do for this soup. One good breakfastcupful of ground sweet almonds as sold for puddings, will suffice for the flavouring. Make the soup as follows :—Melt an ounce of butter in a stewpan, add 6 oz. minced onions, fry till turning yellow, stir in an ounce of flour ; when well blended moisten with some of the broth, adding the ground almonds milk and broth by degrees till all are exhausted ; let this come to the boil, skim, and simmer gently for half an hour, pass through the hair seive and warm up, adding half a gill of milk, with which the yolk of an egg has been mixed, off the fire, just before serving. Little crisp *crôutons* of fried bread should accompany.

2 *Mould of split peas with mushrooms* :—Steamed peas-

pudding well flavoured with stiff soubise sauce, seasoned with spiced pepper, and served with mushroom sauce, with grilled mushrooms arranged round the mould as garnish.

3 *Buttered eggs with Spring vegetables* :—A *garniture printanière* arranged in a nice sauce in a *légumière*, and masked over the surface with buttered eggs. Fried *croûtes* to be arranged all round as a garnish. The *printanière* should be composed of the young vegetables of the season prepared in the same manner as a *macédoine* :—carrots and turnips in little squares, French beans in diamonds, peas whole, sorrel and lettuce leaves shredded—all cooked in broth, and the *cuisson* used for the sauce which should be finished with cream.

4 *Asparagus with butter* :—See (264).

Dinner.

1 Potage bonne femme.

2 Kari de fèves secs à la Persane.

3 Pommes de terre à la Chelsea.

4 Crèmes fouettée Livournaise.

1 *The housewife's soup* :—Fry four ounces of minced onions in a stewpan with two ounces of fresh butter over a low fire, without colouring the onion, for five minutes; next add four ounces of well-picked sorrel-leaves, an ounce of chervil, and about two ounces of lettuce-leaves, all shredded, with a salt-spoonful of salt and one of sifted sugar. Stir over the fire for five minutes more, and then mix in an ounce of flour; cook this with the vegetables another five minutes, after which moisten by degrees with three gills of milk and three of water (warm), bring slowly to the boil, and simmer for fifteen minutes. Break an egg into a small bowl (both white and yolk), beat it well, adding an ounce of butter. Take the soup off the fire, put a gill of it into the bowl with the egg, mix and melt the butter. Put four nice slices of French roll which have been dried in the oven at the bottom of the soup tureen, pour in the soup, stir into it the *liaison* from the bowl, and serve. Mind that the egg is

thoroughly beaten, or flakes of the white will set when it is added to the soup, and spoil the appearance of the whole.

2 *Persian curry of butter beans, etc.* :—Make a Persian curry sauce like Ceylon (149) but using the curd obtained from a pint of milk : beat this up with the turmeric, cinnamon, and powdered coriander, with a t.s. of powdered cloves added. Moisten a pint measure of cooked and skinned butter beans, a dozen neat fillets of cooked cucumber, and a dozen very small new potatoes. Warm up slowly over a low fire and serve with rice in the usual way.

3 *Stuffed potatoes* :—Choose six good old potatoes of about the same size, rather large than small : boil these in their skins till three parts done, then finish them in the oven. Let them get cold ; then slice off their tops (as you do a boiled egg) and scoop out all the mealy potato, thus forming cases of the potato skins. Treat the scooped out potato as for Duchesses (192), and with the mixture refill the cases, fix on the tops, and warm the potatoes in a moderate oven : serve hot.

4 *Whipped cream cheese with olives* :—See (391).

XIV.

(Late Spring).

Luncheon.

1 Potage Rouennaise.
2 Fricassée à la Da Vecchi.
3 Œufs au chicorée.
4 Beignets au fromage.

1 *Rouen soup* :—Mince finely eight oz. of onions, fry till golden in 3 oz. butter, moisten with a gill of hot milk, mix in 2 ounces of bread crumbs and a dessertspoonful of *sage* leaves which have been scalded, dried and minced ; now by degrees add milk and broth, or milk and water (3 pints) to bring the consistence to that of a thin *purée*, boil up, and simmer, and

finish with an egg beaten up as for omelette, off the fire; serve with *croûtons*, and grated cheese.

2 *Fricassée Da Vecchi*:—Fricassée of white haricots, button onions, and mushrooms moistened with *Milanaise tomatée* (80) garnished with ribbon macaroni, and served in a *légumière* within a border of mashed potato with slices of ripe tomato arranged on the surface.

3 *Eggs with endive*:—Shred finely the golden centre leaves of five endives, and put them into a stewpan with three ounces of butter and four ounces of finely minced onions. Fry until softening, and then moisten with just enough warm milk to float the vegetables. Simmer gently now till they are quite soft, and the milk all but exhausted, then drain them, lay them on a chopping board and treat as spinach. Put back into the stewpan, stirring in an ounce of butter, stir well till the moisture has evaporated, then add a tablespoonful of cream. Arrange in a hot *légumière* and, on the bed thus formed, place four h.b. eggs in halves, and garnish with cheese biscuits.

4 *Batter fritters with cheese*:—See (157). Make the savoury batter and serve dredged over with grated cheese.

Dinner.

1 Potage Royale.
2 Côtelettes à la monastère.
3 Choux-fleurs au fromage.
4 Asperges à la crème.

1 *Soup Royale*:—The consommé (44) with two custards, one tinted with tomato purée red, the other made plain, cut into neat squares for garnish (114).

2 *Monastery cutlets*:—For these use Vegetable farce (142), shaped and cooked as cutlets (166) and served with hollandaise sauce (72) flavoured with grated *horseradish*, finished with a tablespoonful of cream, new potatoes and stewed cucumber (251) accompanying.

3 *Cauliflower with cheese*:—The flower of cauliflower in *bouquets* (225), cooked in milk till tender, put in a hot *légumière* (in dome shape), moistened with a sauce made from the *cuisson*

with which grated cheese is mixed, the surface dusted over with cheese, and served hot garnished with pastry *fleurons*—(this is *not* baked like cauliflower "au gratin").

4 *Asparagus with cream* :—Serve cold (264).

XV.

(Winter).

Luncheon.

1 Crème de navets, Florentine. 3 Œufs aux légumes à la Curé.
2 Ragoût à la Bretonne. 4 Chou-de-mer à la crème.

1 *Turnip purée, Florentine* :—See (50).

2 *Stewed haricots à la Bretonne* :—See (213)—Tenderly cooked red haricots, moistened with brown soubise (made with their broth) served inside a potato case, the surface garnished with cooked mushrooms, or chestnuts.

3 *The curé eggs, with vegetables* :—Arrange a ring of hard boiled eggs, cut in halves lengthwise, in a *légumière*, round a mound of *macédoine de légumes* which should be trimmed in dome shape, and well moistened with sauce *aux fines herbes* (70). Some of the sauce served separately.

4 *Seakale with cream* :—See (266).

Dinner.

1 Consommè au vermicelle. 3 Choux de Bruxelles à la poulette.
2 Boudins à la sauce raifort. 4 Coquilles de stachys, Morny.

1 *Clear soup with vermicelli* :—See (44) for the soup, and 337 for cooking the garnish. Use plenty of vermicelli (three ounces to a quart) and send round grated cheese with the soup.

2 *Mushroom boudins* :—Use the mushroom stuffing mixture, (140), poaching it in darioles (169). When done, and the

moulds have cooled for five minutes, turn the *boudins* out, mask them with *Espagnole* sauce and serve garnished with mushrooms.

3 *Brussels sprouts a la poulette* :—See page (222) for the preliminary cooking of the sprouts, in this case using milk and water, (just sufficient to cover) instead of water, and stewing gently till they are done. Then drain and put the sprouts into a sauté-pan with two ounces of butter and using a two pronged fork, stir them about over a low fire to absorb the moisture. Turn the *cuisson* to a *poulette* sauce (71), sharpening it with lemon juice. Dish the sprouts in a hot *légumière*, mask with the sauce, and garnish with cheese biscuits.

4 *Scallops of Japanese artichokes, Morny* :—Boil the Japanese artichokes in salted half milk and half water, but do not let them soften too much or the nutty flavour will be lost (fifteen minutes enough) turn the *cuisson* to a *sauce milanaise*. Butter *coquilles* (scallop shells) fill them with the artichokes, mask over with the sauce, dust grated parmesan or Gruyère over them, and push into the oven till they turn golden colour. A little cream may be mixed with the sauce advantageously.

XVI.

(Any Season).

Luncheon.

1 Crème d'avoine.
2 Croquettes sauce Madère.
3 Haricots verts panachés.
4 Nouilles à l'Italienne.

1 *Oatmeal cream soup* :—With fine oatmeal and water commence by making a pint of stiffish porridge ; thin this with milk, season with mixture (b) (135) and add a large Spanish onion, (10 oz) which has been cooked till quite soft separately ; pass all through a hair sieve and finish with a tablespoonful of cream per pint : serve with *croûtons*, and grated cheese.

2 *Croquettes with Madeira sauce*:—See (161): make the *croquettes* of rice, minced onion, mushrooms and lentils; sharpen with minced capers or gherkins, bind with eggs and when dried, egg, crumb, and fry as usual. With thickened bean broth flavoured with marsala, tinted with Parisian essence, and sharpened with minced capers or gherkins make a sauce. Serve with potato chips.

3 *French beans with flageolets*:—French beans cut in diamonds, and cooked plainly, then drained, turned into a stewpan moistened with creamy *sauce soubise* and stirred with a fork over a low fire while French tinned *flageolet beans* are added by degrees; season with salt and white pepper, garnish with *fleurons*, and serve in a hot *légumière*.

4 *Nouilles à l'Italienne*;—See (345) for *nouilles* and (338) for *à l'Italienne*.

Dinner.

1 Consommé au hachis de racines.
2 Fricassée Napolitaine.
3 Œufs pochés à l'Indienne.
4 Oignons farcis.

1 *Clear soup with minced root vegetables*:—See page (44). Mince on a board *as finely as sago*, a good T.S. each of carrots, turnips, and celery, keeping them separate. Put on to boil in a little stewpan a pint of broth and ½ oz of butter; then slip in the carrot mince, after ten minutes the celery, and after five more the turnip, when all are soft drain, and use as a garnish.

2 *Neapolitan fricassee*:—A white ragoût of pipe macaroni cooked and cut into half inch lengths, mushrooms, celeriac, and potato in dice, all moistened with pine kernel sauce (87) and arranged within a border of tomato-tinted rice (352). Just when about to serve cover the surface of the fricassée with granulated h.b. egg.

3 *Eggs with curry sauce*:—Poached eggs arranged in a *légumière* on *croûtes* masked with Madras curry sauce (147).

4 *Stuffed Spanish onions*:—See (248).

XVII.

(WINTER).

LUNCHEON.

1 Purée Toscane.
2 Terrine de légumes.
3 Pommes de terre Anna.
4 Raviolis au d'Uxelles.

1 *Tuscan soup*:—This is a white haricot purée made upon a foundation of 6 oz of onions and 3 of celery, both finely minced, and fried in 4 oz of butter; moisten this when tutning yellow with milk, and haricot broth in half proportion, and add one pint of cooked white haricots; pass when quite softened, and finish with finely granulated h.b. yolks of eggs—one per pint.

2 *Terrine of vegetables*:—See page (183).

3 *Potatoes baked with butter*:—See page (202).

4 *Raviolis with d'Uxelles*:—See page (347) for the *raviolis* and use *d'Uxelles* stuffing (140) for the farce.

DINNER.

1 Potage a la Créole.
2 Pain de marrons, sauce soubise tomatée.
3 Crèmes de topinambours.
4 Croûtes au fromage crèmeux.

1 *West Indian soup*:—See page (46).

2 *Mould of chestnuts*:—See page (138) and follow the recipe exactly. Put the mixture into a well buttered plain charlotte mould, and cook it according to the method given (167). When it is done let it settle for five minutes before turning it out of the mould. Mask with *sauce soubise tomatée* (80) and serve. French preserved *haricots verts* accompanying.

3 *Jerusalem Artichoke creams*:—For these see page (235). Portion the mixture, and arrange it in darioles. Cook these as described, and serve masked with *sauce Hollandaise*, (72).

4 *Stewed cheese toasts*;—See page (372).

XVIII.

(Early Summer).

Luncheon.

1 Panade à la Reine.
2 Haricots à la Provençale.
3 Œufs à l'aurore.
4 Fonds d'artichaut, mousseline.

1 *Bread soup à la Reine* :—Put eight ounces of bread crumbs into a stewpan with twelve ounces of cooked Spanish onion ; moisten sufficiently to cover it well, (to float it in fact), with half milk half water ; season with herbs, nutmeg, and salt ; simmer gently for ½ an hour, then pass, dilute with milk for correct consistency and stir in two yolks separately blended with a gill of milk, garnish with chervil, and serve with *croûtons*.

2 *Dried haricots provençale* :—A pint of haricots should be *part* cooked—the *cuisson* saved. Then put into a stewpan two ounces butter, melt, and add four ounces minced onion, season well, add the haricots, continue to fry, moisten with a gill of *claret* and two of the *cuisson* ; as this is partly exhausted add enough *cuisson* to cover, and then stew over a low fire till the beans are tender. Serve garnished with button mushrooms, and button onions or shallots (separately cooked and browned) as a *ragoût*. Towards the end of the stewing stir in a little thickening of Groult's potato flour or crème de riz, adding a few drops of Parisian essence, and a claret glass of claret with a D.S. walnut pickle vinegar.

3 *Eggs à l'aurore* :—Six eggs boiled hard, the yolks taken out whole, the whites minced and blended with a *sauce soubise* reduced rather thickly. Now in a hot *légumière* make a bed of the sauce, arrange the yolks over it, sprinkle with parmesan, and serve.

4 *Artichoke bottoms, mousseline sauce* :—see (238) and (102).

DINNER.

1 Potage à l'oseille.
2 Timbale à la Bolonaise.
3 Courgettes à la ménagère.
4 Omelette fourrée aux pointes d'asperges.

1 *Sorrel soup*:—Pick wash and shred finely six ounces of sorrel, and put it into a stewpan with two ounces butter, and four ounces of onions finely minced ; stir over a moderate fire till the leaves turn soft, seasoning with a D.S. salt, D.S. sugar, s.s. nutmeg, and t.s. herbs powder, then moisten by degrees with a quart of hot bean broth, or milk and water, or a mixture of the three ; bring to the boil, and simmer till the endive is quite done, stir in an ounce of flour (6) 58 and finish with egg and milk as for Potage "*Panade à la Reine.*"

2 *Pine kernel timbale*:—See (177) for the timbale, and (144) for the pine kernel farce. Cook as described, and serve with green peas, and potatoes *sautées.*

3 *Veg: marrow, Ménagère*:—Cook two dozen fillets of veg: marrow gently in milk (in which an onion has been previously boiled) until they are tender, then drain and keep hot. Use the *cuisson* to make a sauce "Navarre" *i.e.*, one third tomato sauce to two thirds white sauce, well seasoned, add to this when it is finished a granulated hard boiled yolk of egg per pint of sauce, lay the fillets in a hot *légumière* mask with the sauce, sprinkle with chopped olives, and serve.

4 *Omelette with asparagus tips*:—See (309) for the omelette and (265) for the asparagus tips.

XIX

(WINTER).

LUNCHEON.

1 Soupe mitonnée.
2 "Chundoo" aux légumes.
3 Chou-frisé, soubise tomatée.
4 Omelette aux herbes.

1 *Soup with bread crumb*:—Boil 3 oz. of minced onion and six cloves in a pint and a half of milk. When the onion is soft empty the contents of the stewpan upon a hair sieve, pick out the cloves, and pass the onion through the sieve with the milk; add a pint of hot bean broth, put this on the fire again, and when it is nearly boiling pass into it by degrees 2 oz. of fine white bread crumbs; season with pepper, salt, and mace: simmer gently for twenty minutes, stirring carefully to prevent catching, and finish with 2 T.S. cream; serve with croûtons and grated cheese.

2 *Chundoo with vegetables*:—This is an Indian dish which the native cook calls a "dry stew." Prepare in quarter inch dice four T.S. each of cooked mushrooms, chestnuts, and flageolets. Separately cook in a roomy sautépan twelve ounces of potatoes *sautées à la Lyonnaise* (195); as these are beginning to absorb the butter nicely, pass in by degrees the dice of mushrooms, chestnuts, and flageolets, keeping the fire low, and using a two-pronged fork for the stirring; season with oriental seasoning salt (136). Dish this when the butter has been absorbed within a border of rice garnished with h.b. eggs. One of the nut sauces might accompany this.

3 *Curled kail with soubise*:—Blanch the curled kail in boiling water ten min: drain: express all moisture: shred it into a stewpan containing two ounces of melted butter and 4 oz finely minced onion: fry together stirring with a fork 5 min, then moisten with bean broth enough to cover: stew till tender, and the broth almost absorbed, add now ½ a pint of sauce soubise and 1 T.S. cream (80), stir well, and serve in a hot *légumière*, garnished with poached eggs, and puff pastry *fleurons*.

4 *Omelette with herbs*:—This is the omelette by No. 2 process, page (301).

DINNER.

1 Potage Parmentier.
2 Vol au vent à la Reine.
3 Salsifis frits.
4 Œufs farcis à l'Indienne.

1 *Potato soup*:—Make a *purée* of a pound and a half of mealy potatoes: boil a large Spanish onion (10 oz.) till quite soft: pass this through the sieve, with the potatoes, into a bowl. Put three pints of bean broth and milk in half proportions into a stewpan, set this on the fire, and add to it by degrees the potato and onion *purée*; thin with a little milk if necessary, and finish with a T.S. cream and half an oz. of butter, with a T.S. of chopped chervil. Little balls of carrots or turnips are sometimes added, and an ounce of celery cooked till tender may be passed into the *purée* with the onion. Leeks may be substituted for the onion.

2 *Vol au vent with white ragoût*:—If the cook be a good hand at puff pastry well and good: if not it is better to procure the pastry case for this dish from the pastry cook. For the *ragoût* use 10 artichoke bottoms, 6 mushrooms, and two or three truffles, all cooked, and moistened with a *poulette* sauce to which a T.S. of cream should be added. Keep this warm in the *bain marie*, and heat the pastry case so as to be just ready when wanted; then fill the hollow with the *ragoût* put on the cover, and serve. It is a mistake to allow the *ragoût* to remain soaking in the pastry case, hence this advice.

3 *Salsify fritters*:—See (261).

4 *Stuffed eggs Indian way*:—See (325).

XX.

(Spring).

Luncheon.

1 "Minestra alla Napolitana."
2 Médaillons à la Génoise.
3 Œufs brouillés aux pois.
4 Pailles au Parmesan.

1 *Neapolitan minestra*:—This is an example of the soup mentioned page 54. Blanch for five minutes and shred finely two spring cabbages, slice finely also four ounces of carrots, an ounce of celery, and mince four ounces of onions: put all into a stewpan with three oz. of butter, and fry over a low fire until they begin to colour, then cover with hot bean broth, season with mixture (*b*) (135), and stew gently over a low fire for an hour, making good the broth as it reduces: when the vegetables are done boil two ounces of rice, and add it to them. Lay slices of bread which have been dried in the oven at the bottom of a tureen, and pour the *minestra* over them. The consistency should be that of a thick hotch-potch.

2 *Médaillons with Genoise sauce*:—From a cold galantine (170) cut a number of slices one third of an inch thick, and out of these stamp oval or round *médaillons* with a cutter, flour them, egg, and crumb them with finely sifted white crumbs. Let the coating dry, then repeat the crumbing, and when this is dry fry as described for *croquettes* (161). Serve round a little dome-shaped mound of potatoes prepared as for *duchesses* (192) garnish with fried parsley, and send Genoise sauce round in a boat, *i.e.* Hollandaise (72) turned a pale green with watercress leaves scalded aad pounded, and sharpened with finely minced gherkins.

3 *Buttered eggs with greenpeas*:—For the eggs (318), for the peas (at this time of year) 279. Cook the peas as there explained, lay them in a hot *légumière*, and mask with the eggs which should be finished with cream. A garnish of pastry *fleurons* should complete the dish.

4 *Cheese Straws*:—see (388).

DINNER.

1 Potage Santé.
2 Choufleur rôti.
3 Pains à l'Anglaise.
4 Asperges froides.

1 *Pearl barley cream* :—Soak 6 oz. of pearl barley during the night. The next morning mince small 6 oz. onions, 6 oz. carrots, an ounce celery and one of parsley and put this into a sauté pan with 3 oz : butter ; set over a moderate fire and season with mixture (b), (135). Fry till turning colour. While this is being done, boil the pearl barley in three pints of milk and clear bean broth in half proportions ; when it is done take out of the pan 3 T.S. of the barley, set it aside, and with the rest of it and the broth moisten the just colouring vegetables ; let this come to the boil, and then simmer until the contents of the pan are soft enough to pass. Next, having passed them through a hair sieve, return the *purée* to the rinsed out stewpan, heat it up adding the three T.S. of barley, and a gill of cream, or two yolks beaten up with a gill of the soup. Finally garnish with a T.S. of chopped chervil, and serve with grated cheese and *croûtons*.

2 *Roasted cauliflower* :—This is the nearest approach to "a roast" within the reach of the Vegetarian cook. First trim the cauliflower and level the stalk end so that it will sit up securely ; then after the usual soaking, blanch it for 5 min. (215) after that place it upon a buttered baking dish lined with buttered paper. Set this in a moderate oven, and keep it constantly basted with melted butter : test it with a skewer near the stalk end, and as soon as that is tender remove the dish from the oven. It is as well to protect the cauliflower during the commencement of the roasting with buttered paper which should be removed during the last few minutes so that the surface may be delicately browned. Dish the cauliflower upon a hot joint dish surround it with potatoes *sautées* (195), and serve, *sauce piquante* (84) accompanying.

3 *Little moulds with bread sauce* :—With vegetable farce (142) fill small well buttered darioles in quantity as to farce and number of moulds sufficient for the meal. Poach these *au bain*

marie (167), and after 5 min: rest turn them out on a dish, and let them get cold. After this trim them neatly, dry, and bread crumb them; fry as explained for croquettes (153), and serve garnished with watercress or fried parsley and send round bread sauce (90) with them.

4 *Asparagus cold with sauce Dubois* :—See (106) for the sauce, and (264) for the asparagus.

TABLE OF DIETETIC VALUES

Compiled from Sir Henry Thompson's "*Food and Feeding*" (Eleventh Edition).

FOOD STUFF	P.	C.H.	F.	S.	W.	T.
Wheat.	12.42	70.53	1.70	1.79	13.56	100
Flour.	10.8	70.5	2.0	1.7	15.0	100
Wheaten bread.	8.1	51.0	1.6	2.3	37.0	100
Oatmeal.	12.6	63.8	5.6	3.0	15.0	100
Indian corn meal.	11.1	65.1	8.1	1.7	14.0	100
Rice.	6.3	79.5	0.7	0.5	13.0	100
Haricots, and Lentils.	25.5	58.6	2.8	3.2	9.9	100
Green, ditto.	3.0	7.75		.50	88.75	100
Dried peas.	24.75	58.0	2.0	3.0	12.25	100
Green, ditto.	7.0	13.0		1.0	79.0	100
Tubers.	2.1	22.0	0.2	0.7	75.0	100
Roots.	1.3	14.5	0.2	1.0	83.0	100
Chestnuts, and nuts.	5.50	39.75	1.50	1.75	51.50	100
Macaroni, Spaghetti, &c.	9.0	76.50	.50	1.0	13.0	100
Mushrooms.	3.75	7.0		1.25	88.0	100
Greens.	1.89	6.71	.20	1.23	89.97	100
Onions.	1.75	11.0	.75	.75	85.75	100

P. = Proteids (nitrogenous)
C.H. = Carbo-hydrates (starch, sugar, &c.)
F. = Fats (hydro-carbons).
S. = Salt.
W. = Water.
T. = Total.

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